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THE *PORTUGAL* News

Portugal's *National* Newspaper in English

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PUZZLE PAGE

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P. 33

Portugal second to UK for swine flu cases

Portugal is the second European country with most cases of A H1N1 flu – or 'swine flu' per 100,000 inhabitants, topped only by the UK, according to a comparative report by the *Lusa* news agency. (See Page 2)

'Brits Abroad' hand Russians 'worst tourist' title

A survey carried out on more than 1,000 British tourists holidaying in Portugal, Spain, France, Cyprus, Malta, Italy, Turkey and Greece has concluded that, in the opinion of British tourists, Russian holidaymakers, one of Portugal's fastest-growing tourist markets, are 'The Worst Tourists in The World'. (See Page 5)

UK pursuing Portugal's doctors

Despite a reported lack of medical professionals in Portugal, which the Ministry of Health recently boosted with the acquisition of doctor's from Cuba, it has emerged that the UK is looking to recruit 15 Portuguese doctors to work in their public hospital's Emergency Units for wages of between €6,750 and €7,900 per month. (See Page 7)

All or nothing now for Portugal's world cup dream

Currently placed in third place of its Group in the qualifying stages for the 2010 South Africa World Cup, Portugal will be looking for revenge against Denmark this weekend. (See Page 56)

Weekend weather

Lisbon: Summer returns this weekend, with high temperatures forecast and blue skies. **Faro:** Temperatures in the Algarve are expected to warm, to around the 30° mark, with nights getting slightly warmer than they have been of late as the winds of recent days subside. **Oporto:** The North will be warm and no rain is forecast for next week.

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Official figures published this week reveal Portugal is leading world housing market recovery

A construction worker walks past a huge poster advertising a new housing development on 3 August. (Photo: EPA / Diego Azubel)

THE PORTUGAL
News



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Portugal second EU country with most swine flu cases

According to *Lusa*, Portugal has, at present, 20.9 cases of swine flu per 100,000 inhabitants, while the UK has 21.4 cases, per 100,000 inhabitants, the two highest statistics within the EU.

Lusa's report was based on figures listed by the European Centre for Prevention and Control of Diseases' website, which documents the number of inhabitants and positive cases in respective EU countries.

Germany and Greece take third and fourth places, with 18.9 and 17.1 cases per 100,000 inhabitants respectively.

The European Centre for Prevention and Control of Diseases lists Portugal as the third country with the most confirmed cases of swine flu per 100,000 inhabitants (2,244), following Germany (which has 15,567 cases) and the UK (13,095). However, when calculated in proportion to the population, the incidence of the virus is greater in Portugal, which has 10.7 million inhabitants, in comparison to Germany, which has 82 million citizens.

Portugal is only surpassed by the UK, which has a population of 61 million people.

Greece, which has approximately the same size population as Portugal, has a smaller incidence of the virus, with 1,839 confirmed cases.

Spain and Italy are faring the virus well, registering 3.79 and 3.01 cases of swine flu per 100,000 inhabitants, respectively.

Spain, which has a population of 40.4 million citizens, has 1,538 confirmed cases of the A H1N1 virus, while Italy, which has a population of 58 million people, has 1,800 confirmed cases.

But despite having the second largest number of inhabitants infected by the virus, Portugal has so far suffered no deaths caused by swine flu, as opposed to the UK, where to date 65 people have died after contracting the virus. Spain, where it has killed 21 people, and Greece, where one person has died.

Meanwhile the Secretary-

General for Portugal's Independent Doctors' Union (SIM), Carlos Arroiz, has suggested that enlisting retired doctors as well as those not assigned to work in Hospitals' Emergency Response (ER) departments could be the answer in dealing with the continuous rise in patients seeking medical attention, largely caused by the A H1N1 flu virus.

Carlos Arroiz believes "no doctor" would turn down a call to help with the current situation. He added that recruiting such medical professionals would, nevertheless, require an intervention by the Health Minister though not needing any "legal defining", but a simple "approval".

Carlos Arroiz defended the need to assign more doctors to deal with the general public as medical professionals are also at risk of falling ill from the virus, which could further hinder the current over-stretched health

service.

In his opinion, until non-ER or retired doctors are enlisted to help out, the distribution of doctors as it stands could eventually lead to programmed health services for other diseases being postponed, to prioritise the response to the A H1N1 flu virus.

He warned "Pregnant women and children cannot stop growing and those suffering chronic diseases, like diabetes or cardiovascular problems, cannot be left unattended", adding that the present medical scenario in Portugal "is going to get more complicated".

Carlos Arroiz believes that the fact Portugal has an aged category of doctors could work in its favour for tackling the A H1N1 flu epidemic, as the virus mainly and more seriously affects younger age groups. He explained that those who contracted the 1957 'Spanish Flu' would have better immunity against swine flu.

Eight years jail for swine flu patients refusing to wear masks

Patients who test positive for the A H1N1 virus (otherwise known as swine flu), but subsequently refuse to wear masks in health centres could

face being arrested and up to eight years in jail as a result, according to the National PSP Police Board.

Those refusing to adopt the designated 'swine flu' safety

measures are committing a "crime of disease transmission, stipulated in and punishable by Law 283 of the Penal Code, entailing a prison term that could be of between one and eight years", a PSP spokesperson said.

If diagnosed patients refuse to wear a protective mask the doctor can request police intervention, who will give "clear and concise orders for the individual to adopt the given safety rules".

If this is obeyed, the PSP will merely report the incident.

Should the patient continue to refuse to wear the mask, police can "arrest the individual for the crime of disease propagation and order them to be held in the hospital or health centre, in solitary confinement, until they are cured".

This only applies to patients who test positive following blood tests, but until the virus has been confirmed, "neither doctors nor the PSP have the authority to keep a patient detained until tests are concluded", the PSP source said.

However, last week Health Minister Ana Jorge revealed blood tests would only be carried out on patients "who fit the clinical profile", or when doctors suspect the existence of swine flu.

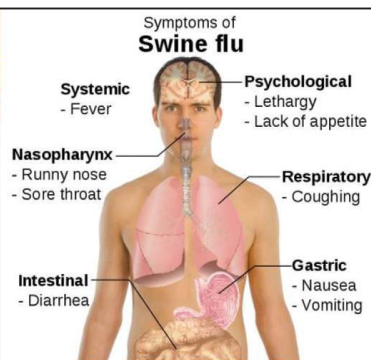
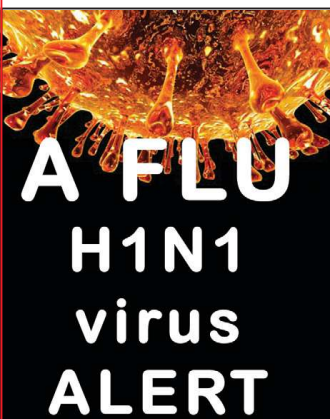
Latest figures show more than 2,200 cases of A H1N1 flu in Portugal, and, while no deaths have as yet been caused by the virus, dozens of patients have required the services of intensive care or ventilation.

Of the registered cases, 531 (24 percent) were imported and 1,713 (76 percent) were contracted from a second or third party.

The majority of patients have been male (1,284) and aged between 20 and 29, the overall average age being estimated at 22.4.

The second worst affected age-group is that of 10 to 19 year-olds, followed by children aged up to nine.

In 88 percent of the cases, the symptoms were considered "light" and not really serious.



TYPICAL SYMPTOMS:
Sudden fever (38°C or above) and sudden cough. Other symptoms include:

1. Tiredness and chills
2. Headache, sore throat, runny nose and sneezing
3. Stomach upset, loss of appetite, diarrhoea
4. Aching muscles, limb or joint pain

THE AT RISK GROUPS:
People with lung, heart or kidney disease
People with diabetes
People with immunosuppression problems either because of treatment or disease
Patients who have had drug treatment for asthma
Pregnant women & Children under five

WHAT SHOULD I DO IF I THINK I HAVE IT?

Anyone with flu-like symptoms who suspects they might have contracted the Swine Flu virus or who has been in contact with anyone with flu during the last 7 days is being advised to stay at home and contact the National flu service (LINHA SAÚDE 24) 808 24 24 24 to speak to a qualified health specialist in Portuguese or (FREEPHONE) 0044 207 928 1010 to speak to someone in English.

PREVENTATIVE CARE:
Avoid contact with anyone showing signs of flu: fever, cough, sore throat, aches in limbs and joints, headaches, chills and fatigue.

Cover your nose and mouth with a paper tissue when you cough or sneeze. Never with your hand.

Place used paper tissues in a bin.

Frequent washing of hands with soap and water can reduce viral transmission.

Avoid touching eyes, nose or mouth without washing your hands.

Clean frequently touched surfaces (handrails, handles, telephones, keyboards etc.) with antiseptic wipes

Be extra vigilant with children.



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More land burns this year



Despite more hectares of land being scorched by fires this year than in 2008, the Government has said that the area burnt is still "far off" estimates predicted by "experts and scientists".



People in Sabugal view the aftermath of a fire on Wednesday. (Photo: Lusa / Francisco Barbeira)

Some 30,000 hectares of land have burnt this year, nearly double the amount that was destroyed last year (17,244 hectares).

According to provisional figures from the National Authority for Civil Protection (ANPC) by August 30th this year 29,923 hectares of flora had perished. By that date last year 17,244 hectares of land had burnt.

Minister for Internal Affairs Rui Pereira said the rise was essentially due to climate conditions, which this year "are much worse".

He reiterated that in 2006 and 2007 the situation was even worse, when fires ravaged 75,509 hectares and 31,450 hectares of terrain, respectively.

Minister Pereira reminded the public how in 2005 "scientific studies and experts predicted that by 2012 an average of 100,000 hectares of land would burn every year".

"This year, so far, we have documented just under 30,000 hectares that have been scorched, far off the estimates suggested in 2005 by experts and scientists", he said.

The below-predicted outcome was attributed by Minister Pereira to the "relentless efforts

by fire-brigades" and by the creating of "correct measures" in responding to fires.

Since 2005 the Government has been introducing changes to accommodate a better response to fires, including the creation of a Special Firefighters' Force, greater involvement on behalf of the GNR (National Republican Guard) and the revision of the Penal Code which in 2007 made sentences relating to arson heftier.

The number of reported incidents also rose this year, with 14,143 outbreaks being registered by August 30th, nearly double the amount registered in 2007 and five thousand more than last year.

Last weekend was the most worrying so far this year; on August 30th the Civil Protection Authority registered 444 new outbreaks, the majority of which occurred in Oporto, Viseu and Aveiro.

More than 90 percent of all fires are caused by man with weekends seeing a rise in incidents as people tend to choose that time for picnics and parties, and other types of leisurely activities that could result in an outbreak should the individuals be negligent.

Pensioner and handicapped son held captive by relatives



A 66-year-old woman and her 41-year-old mentally handicapped son were held captive by family members, a second son and daughter-in-law, for 14 months in a farmhouse in Farjada, Coruche, before being released by police, suffering serious malnutrition and other health complications.

For the duration of their confinement, being held in separate, small rooms with no light and a door locked by a chain, neither the elderly woman, Jacinta Formigo, nor her handicapped son, who is said to be 'profoundly disabled' were fed properly or had access to hygiene or medical care. They were forced to satisfy

physical needs in a bucket in an adjacent room, and had no access to fresh water.

Both were subjected to heavy labour, their social invalidity and retirement benefits, worth in the region of €700, being collected and cashed in by the couple holding them hostage, the woman's other son, Ricardo Formigo, and

his wife Germana.

Jacinta's husband Carlos had committed suicide by swallowing poison the year before, shortly after the couple moved into the family's farmhouse, reportedly to help the elderly couple. It was after the couple moved in that the decision was made to take the handicapped sibling out

of a special institution and to keep him at home and receive benefits.

After Carlos died locals claim they had not seen the elderly woman or her son for an extended period of time, and were concerned for their welfare.

Events culminated on Monday when another relative attempting to visit the farm saw Jacinta Formigo, painfully thin and with an infected eye.

Jacinta's brother Joaquim told the national press that every time he attempted to visit his sister and relatives he was told by Germana not to come around or

she would "beat him".

"Ricardo was a good boy, Germana is the evil one", he said.

Nevertheless he went to the property on Monday and claims to have seen his elderly sister in a debilitated state and went to the police to place a formal complaint.

PJ Inspectors made their way to the farm to investigate and were appalled at what they found.

"We were received with hostility. The couple wouldn't let us in. We had to restrain them", a source said.

"The two individuals that had been held captive looked like they had been in a concentration camp – just skin and bones, painfully malnourished".

Subsequent reports said the handicapped man had at one point, in an act of desperation, resorted to eating his own faeces and his bed mattress to kill the hunger.

Ricardo and Germana, who have no previous criminal record, were due to be heard in court this week. Until their hearing they have been held in police custody.

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'Brits Abroad' hand Russians 'worst tourist' title



A survey carried out on more than 1,000 British tourists holidaying in Portugal, Spain, France, Cyprus, Malta, Italy, Turkey and Greece has concluded that, in the opinion of British tourists, Russian holidaymakers, one of Portugal's fastest-growing tourist markets, are 'The Worst Tourists in The World'.

Launched by holiday expert Gary Hewitt, who set up the Real Holiday Reports advice website eight years ago, the 'World's Worst Holiday-Maker' poll surveyed more than 1,000 British tourists who holidayed abroad this summer.

Gary Hewitt told the Daily Mail that a 'flood' of UK holiday-makers had complained about the behaviour of Russian tourists and were described in the poll as "pushy" and "rude", in one case hiding four sun loungers in their room to ensure a pool-side place the following morning.

At the time it was published in the UK's press the poll, entitled 'Who do you not get on with on holiday', had had more than 1,000 voters.

The *nouveau riche* Russians, who represent a promising market sector in this country, took first place as 'worst tourists', with more than one third of all votes.

Germans holidaymakers followed with just over 30 per cent of the ballot, British holidaymakers themselves making up 15 per cent, the French took 10 per cent and the Dutch five per cent.

Meanwhile, and according to a different poll on the same website named "Which is your favourite European Destination?", only eight percent of voters chose Portugal.

Thirty-nine percent of holidaymakers chose Greece as their favourite European holiday destination, followed by Spain with

29 percent.

Turkey was the third favourite destination, with 24 percent of votes, followed by Portugal, with France being the least popular destination, having won over just five percent of voters.

Over the past decade the number of Russians leaving the former Soviet Union for a holiday has soared thanks to a newfound financial stability.

Reportedly, more than eight million Russians have enjoyed a holiday so far this year.

In Portugal, Russia is being targeted as one of the most promising markets for new tourism.

This year the Portuguese Government invested €500,000 of a €3 million budget promoting this country to Russia. And last week State Secretary for Tourism Bernardo Trindade embarked on a two-day journey to Scandinavia where he is believed to have made contact with key Finnish and Russian travel agencies to "reinforce the Government's connection with tour operators and airlines that are important instruments for the country's promotion", he said.

National airline TAP's direct Lisbon-Moscow flight, a new route that was inaugurated at the beginning of June this year, has proved highly popular, having already transported more than 8,600 passengers over a two-month period and boasting high occupation rates on all flights.

Speaking to **The Portugal News** earlier this week, Eldérico



A beach full of tourists in the centre of Carvoeiro. (Photo: The Portugal News)

Viegas, head of the AHETA Algarve Regional Hotel and Tourism Resort Association, said of this 'new' market: "At this moment, at a time of economic crisis, I don't think anything can be described as 'emerging'. But yes, the Eastern bloc, particularly countries such as Russia and Poland, are showing potential".

Drops in British tourists to Portugal have been noted most in the Algarve but even so, Brits still make up Portugal's most significant tourist sector.

AHETA President Eldérico Viegas described Portugal's British tourist market as being one that is generally made up of families or couples, who are settled and earn a regular income, seeking various types of tourism and categories of accommodation but not like that which is on offer in neighbouring Spain.

"Here [in Portugal] we can say the average British tourist comes with their family, they are middle-age and have children. Then we have the semi-permanent resident, who is nonetheless a type of tourist, and is more elderly with greater spending power. "There is also the sector who visit solely for golf, who also come with their families or in groups and generally tend to seek four or five-star accommodation".

He continued: "Holidaying families opt for various types of accommodation, from the three star hotels and self-catering complexes, to private villas with pools. They often book via the Internet and stay in a friend's accommodation, but there are still those who book via the traditional travel agency and come via a package deal".

Asked whether there was a market similar to that of Spain, where younger crowds flock to destinations such as Benidorm, Alicante, Torremolinos and Ibiza, he explained: "Tourism on offer here cannot be compared to what is offered in Spain. The Algarve has great diversity, but young people who do come here

tend to come in couples, married or otherwise, but settled".

This was confirmed by various workers in the regional tourism sector.

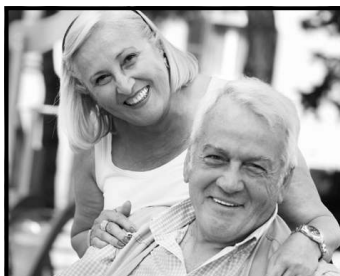
One four-star resort in the Carvoeiro area, a popular fishermen's village with various acclaimed golf courses in close proximity, told **The Portugal**

News the average British tourist holidaying at their resort was "middle-class, seeking calm holidays without many extras".

It transpired that, while the average British tourist has been amongst those spending the largest amount in hotel bars in previous years, spending has been somewhat more controlled this

year.

However, according to that resort, drinking remains the average British tourist's main downfall, often causing disputes between couples and frequent disturbances, incidents that have been frequently repeated and widely reported across the region in recent years.



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Domestic violence steadily rising

The number of cases of domestic violence being reported to PSP police rose by 35 percent in 2008, said to be due to a greater confidence that the public has in Portugal's police force, and indicating they feel less shame when reporting incidents of an intimate nature.

"Presently, victims of domestic violence report abuse with greater ease, though the increase in numbers does not necessarily represent a rise in cases", PSP sub-commissionaire Jesuina told the Lusa news agency.

Recent figures from the PSP police force show that the number of reported cases of domestic violence have risen significantly over the past three years, with 17,647 reports being reported in 2008, 4,597 more than the previous year.

However, according to the police woman, "there has not been a rise in the crime, but a higher number of people reporting incidents, the result of a greater confidence amongst victims", who are mainly women aged between 20 and 40.

"Women are the main victims of domestic violence, mostly involving physical aggression, psychological abuse and threats", said sub-commissionaire Jesuina, who further ex-



Archive photo of silhouettes on display in Marco de Canavezes paying homage to the victims of domestic violence. (Photo: Lusa / Estela Silva)

plained the use of weapons in these cases is not common.

Three years ago the PSP force introduced to their services specifically trained teams to attend to victims of domestic violence, who are generally tended to by dedicated Victim Support and Prevention (EPAV) teams, that exist all over the country.

Officer Jesuina said "We have noted that the victims feel safer and more confident with the police, and are less ashamed to tell

public entities of their private situation".

Around 1,800 officers are specifically trained to handle situations of sexual crime, juvenile delinquency, domestic violence, juvenile violence and bullying, and risk groups.

PSP figures further showed that in 2006 11,683 cases of domestic violence were reported, that number rising to 13,050 in 2007, and subsequently to 17,647 last year.

Gov't. approves new dog safety laws

This week the Government has approved new laws for dog owners and breeders to reinforce public safety as well as applying heavier sanctions to those promoting or participating in animal fights.

The law, approved this week in Parliament, has reinforced rules that dictate conditions in which animals should be kept and how animals may circulate in public.

It came as a response to the Minister for Agriculture's request for improved rules in the keeping of so-called 'dangerous animals'.

"This law will further reinforce measures on how animals are kept and sold, as well as controlling the breeding of dangerous dogs, which can now only be done by breeders expressly approved to do so", the Ministry for Agriculture said in a press release.

The same law has established "very specific" rules for the training of dangerous and 'potentially' dangerous dog breeds, which can only be carried out by "legally-approved trainers".

Under the new law dog owners found guilty of promoting or participating in fights can face hefty fines or prison sentences of up to one year.

Owners found guilty of intentionally injuring or intimidating others with their dogs could face up to three years imprisonment or fines. If an attack results in limb amputation or loss of use, prison sentences can vary between two and 10 years.

NEWS IN BRIEF

PT to appeal €53m fine in broadband access case

Portugal's Competition Authority said Wednesday it was fining two of the country's biggest telecommunications groups a combined total of more than €53 million for abuse of their dominant broadband positions. Both Portugal Telecom (PT) and Grupo ZON said they would appeal the ruling - the largest fine ever ordered in Portugal. The Competition Authority fined PT, the biggest telecommunications operator, slightly more than €45 million and Grupo ZON, the biggest cable company, slightly more than €8 million for having abused their dominant broadband positions in 2002-2003. CEO Zena Bava told Lusa that PT would appeal the ruling as it was "illegal, totally disproportionate and out of place under market conditions". Grupo Zon issued a statement saying it too would appeal.

Lisbon Muslims ready to aid Guantanamo prisoners

Lisbon's Islamic Community has offered to welcome and aid two former Guantanamo Syrian prisoners if contacted by the pair who arrived in Portugal last week as Lisbon's contribution to aiding Washington to close down the controversial facility in Cuba. "We know they're here. When we're contacted we'll be ready to receive them", the Islamic Community's first secretary, Mohamed Abed, told the Lusa News Agency on Monday. Abed said his organization knew "absolutely nothing" about the two men who the Portuguese Government said had arrived last Friday.

15 deaths on beaches since June

Fifteen people have died on beaches in Portugal so far this bathing season, the total being one down on last year's at the end of August. The official bathing season started on June 1 and ends on September 30.

Lights out for traditional bulbs

Under new rules coming into force this month, manufacturers and importers can no longer sell clear incandescent light bulbs of 100 watts or above in the EU. However, shops may continue to sell bulbs already in stock. As part of an effort to save energy and fight climate change, the ban will be expanded in September 2011 and 2012 to include lower wattages of clear incandescent bulbs. Frosted bulbs and high-energy halogen lights are also being phased out. By 2020 the measures will save enough energy to power 23 million households every year, roughly the electricity consumption of Belgium. This will reduce emissions of carbon dioxide by 32 million tons each year, or about one-tenth of the world's annual emission of greenhouse gases. The EU estimates that a household can save at least €50 on electricity bills every year by switching to energy-saving bulbs.

FM delivers democracy prize to Mandela

Portuguese Foreign Minister Luís Amado met with Nelson Mandela in South Africa last Thursday to bestow the African statesman with the first Geremek Prize for Promotion of Democracy. Mandela, South Africa's first post-apartheid president was awarded the prize last month at the conclusion of Portugal's presidency of the Community of Democracies. The prize was established in 2008 in honour of Poland's late pro-democracy activist Bronislaw Geremek, a pivotal figure in the founding of the Solidarity movement that helped bring down the Polish communist regime. The Community of Democracies was founded in Warsaw in 2000 as a multi-national initiative to promote democratic values and institutions worldwide.

CPLP debates creation of UNESCO-backed advanced studies centre

The Lusophone bloc's ministers for science, technology and higher education have met to discuss the creation of a UNESCO-backed centre of advanced scientific studies for the eight Portuguese-speaking countries.

Portugal's Minister, Mariano Gago, hosted the talks in Lisbon on Saturday. Portugal currently holds the rotating chairmanship of the Lisbon-headquartered Community of Portuguese Language Countries (CPLP).

Hells Angels biker arrested in Albufeira

Police announced this week they had arrested an internationally wanted Hells Angels biker, who is accused of murdering a leader of another Hells Angels bike gang in Germany. Portuguese authorities carried out a European arrest warrant on a member of the HAMC Nomads, from Luxembourg, who is suspected to have killed the leader of the Donnersberg Hells Angels, from Germany. The murder case received a lot of media attention in Germany. Portuguese authorities said in a statement. The individual was caught in Albufeira, where he was living illegally and is now in police custody awaiting extradition to Germany.

EU steps in to fight Portugal forest fires

The EU has activated the Community Mechanism for Civil Protection to help Portugal tackle major forest fires. Two fire-fighting planes from Italy arrived this afternoon. Portugal requested immediate assistance through the Community Civil Protection Mechanism on August 31 after forest fires started again in northern and central areas and weather forecasts indicated high temperatures and low humidity for most of the country.

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UK pursuing Portugal's doctors

Despite a reported lack of medical professionals in Portugal, which the Ministry of Health recently boosted with the acquisition of doctor's from Cuba, it has emerged that the UK is looking to recruit 15 Portuguese doctors to work in their public hospital's Emergency Units for wages of between €6,750 and €7,900 per month.

Recruitment Company GlobalMediRec posted an advert on the Portuguese 'Doctors Register' homepage, but both individual professionals and unions have warned of the effects that this could have, should a large quantity of doctors choose to leave this country at a time when such resources here are particularly low.

According to GlobalMediRec Portuguese doctors will be offered contracts of six months or one year and all bureaucracy and relocation logistics will be taken care of, including enrolment onto the UK's General Medical Council (GMC), which is compulsory for any doctor to practice in the UK.

There are currently, according to the GMC, 107 Portuguese doctors registered in the UK.

The lack of doctors in the UK, where an estimated 7,400 of the 34,000 registered professionals are believed to be foreign, has led recruitment agencies to adopt an aggressive hiring policy and doctors are being recruited from all over the world.

According to Rui Guimarães, head of the National Internal Doctor's Committee, "In Portugal a doctor who has just graduated in any particular specialty can earn around €1,800 for a 35-hour week. Therefore the wages being offered [in the UK] are very attractive".

Andrew Marks, of GlobalMediRec, said that while there hasn't been, as yet, an "en masse" response to the advert, the company has received some "very interesting applications from qualified people".

"We are always on the lookout for doctors of various

specialties", he said, adding the agency had thought of recruiting in Portugal on various occasions but had been looking for the best way to do so.

He concluded "Portugal has a good reputation with regards to its doctors and EU doctors do not need to take further exams to be able to practice in the UK".

Meanwhile, as the UK looks to Portugal to reinforce their human resources, the Portuguese Ministry of Health has recently turned to Cuba to hire a large quantity of medical professionals to boost this country's over-stretched services.

Just two weeks ago forty Cuban doctors arrived in Portugal, hired by the Portuguese Government to reinforce medical health centres primarily in the Alentejo and the Algarve.

It is thought the Cuban doctors will have contracts that are renewable on a yearly basis.

A source from the Ministry for Health confirmed negotiations are ongoing to recruit doctors from various Latin American countries, but no protocol has been established as yet.

However, the National Doctor's Register (*Ordem dos Médicos*) has said it does not believe this is the most appropriate solution.

Others have said the doctors' arrival could not have come at a better time given the amount of strain the A H1N1 flu will have on national health services.

The first group of foreign doctors was dispatched to the Alentejo's coastal region and Beja, where medical back-up is most needed.

One of the most serious sce-

narios is that of Odemira, where the situation worsens with the arrival of summer and the local populations in Vila Nova de Milfontes, Zambujeira and Almogrove multiply five-fold.

Over recent years Cuba has become one of the world's largest 'exporters' of doctors. In July the Angolan Government recruited 239 doctors from that country.



One of the biometric robots at the simulation centre in the University Hospital of Coimbra. (Photo: Lusa/Paulo Novais)



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Petchey Leisure announce 100 job vacancies



Whilst the current economic climate has caused many tourist related businesses in the Algarve to either down size or close that is certainly not the case for one resort development group in Albufeira.

Petchey Leisure have been one of the top resort developers on the Algarve for over 25 years and currently own, manage and operate a resort portfolio that comprises of three large resort developments and a boutique hotel. Traditionally tourism drops off during the winter period in the Algarve but not at Petchey Leisure resorts and this year they are expecting occupancy rates during the winter to be in excess of 90%.

With 900 apartments and ap-

proximately 2,500 guests to look after each week Petchey Leisure are planning a huge recruitment drive in an attempt to recruit an additional 100 staff.

There are full and part time positions available for English speaking residents in the following departments: Guest Services, Food and Beverage, Hotel Reception, Administration, Promotions, Call Centre and Membership Sales.

To enable residents to find out more Petchey Leisure are holding

a Job Fair on Thursday 10th September on the Sun Deck Terrace on the 6th floor of the Oura View Beach Club Resort. Here local residents will be able to call in at any time between 1pm-8pm to have a chat and find out more about the many positions available.

Billy McNicoll from Petchey Leisure is involved with co-ordinating the event and is optimistic about the event.

"We are really hopeful of a good attendance on the day as we have

such a wide range of full and part time jobs available to suit all ages and skill levels. What should also appeal to people looking for employment here in the Algarve is that Petchey Leisure resorts are now a 365 day per year holiday destination and therefore we need staff who don't just want seasonal work but who want the guarantee of year round employment"

For further details on the Petchey Leisure Job Fair please refer to the advertisement on page 55 of this edition.

When paying the piper does not let you call the tune



It's been a long time coming, but the consensus is that global economic recovery has begun. Stockmarkets have also been bouncing back.

As we approached the end of August the International Monetary Fund's (IMF) chief economist, Olivier Blanchard, declared that "the recovery has started". Its former chief economist Kenneth Rogoff said there was "no question the global economy is healing and emerging from the recession". Ben Bernanke, chairman of the US Federal Reserve Bank, said "prospects for a return to growth in the near term look good" and expects "a sustained economic recovery".

Bank of England forecasts show that gross domestic product will rise by 0.2% over the third quarter of this year, which

would be the first economic growth since early 2008. The Bank expects the recovery to be sustained in the final quarter and throughout next year. Germany, France and Japan returned to growth in the second quarter of the year.

Global share prices have soared to a ten-month high in the biggest rally for 50 years. The FTSE 100 is up almost 40% on its March low (as at 28th August) and the S&P 500 over 50%. Some stockmarkets in emerging countries have doubled.

This has obviously all been good news, but the important question now is, what happens

next?

The optimistic comments about the economy have understandably been tempered with caution.

Blanchard warned that the "turnabout will not be simple" and Bernanke said the recovery was likely to be "relatively slow at first".

Stockmarkets likewise will not keep on rising in a smooth path. Some volatility will remain and there is also likely to be some correction after this rally. But while the near term is uncertain, we are optimistic regarding the medium to longer term; share prices have risen but there are further profits to come.

Investors need to position themselves to benefit from these rises but at the same time avoid exposing themselves too much to one asset class. Their investment decisions should be based on their objectives rather than getting caught up in the excitement of a 40% rise. If you have cash in the bank which you have been waiting to invest speak to a financial adviser like Blevins Franks to determine the best strategy for you.

Those with bank savings will be hoping that the good economic news will herald a return to higher interest rates, but it looks like they will have to be patient a while longer or move their cash into higher yielding assets. The Bank of England's decision to increase quantitative easing in August indicates that its interest rate could be kept at low levels for a few years yet.

Bernanke praised the "aggressive and complementary" steps taken by central banks and governments to address the crisis. Many of these measures, however, have cost billions – in July the IMF had put the cost of the financial crisis at £7.2 trillion.

The economic downturn has also resulted in plummeting tax revenues for treasuries. For example, July is usually a bumper month for tax receipts in the UK. Last July provided a surplus of £5.2 million. This July the government had to borrow £8 billion, driving the total over the first four months of the tax year to almost £50 billion and the public deficit to £800 billion.

As the economy recovers, governments will need to recoup most of these costs and

looses – so the spectre of higher taxes and spending cuts looms ahead. A KPMG study claims that many European countries are considering increasing tax rates for the highest earners.

You may need to take steps now to prevent as much of your income and wealth as possible being eroded by taxation.

Governments are also looking to the offshore world to make up their deficits. The crackdown against offshore banking and tax evasion has intensified – with

the taxman winning the battle in many cases, such as HM Revenue and Customs forcing 308 banks to hand over details of their offshore clients and the US authorities winning a legal case to make Swiss bank UBS disclose details on 4450 American clients.

It is therefore essential to make sure that your methods for reducing tax will stand up to scrutiny by the taxman. These legitimate methods can often result in a lower tax bill than if you

paid the offshore withholding tax applied by offshore centres under the Savings Tax Directive. Seek advice from a qualified tax and investment adviser like Blevins Franks.

Bill Blevins, Financial Correspondent
Blevins Franks

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PM gets boost from improved pre-election economic confidence report

"It's without doubt good news that gives the country hope in getting out of the problems we face", Prime Minister Sócrates said in response to the latest study by the National Institute of Statistics (INE) that showed less pessimism on the part of businesses and consumers.

He challenged his adversaries from left and right in the Septem-

ber 27 legislative polls to avoid reacting to the report in a "sour or uncomfortable way".

INE's latest monthly report said business and consumer confidence had improved from a low of -3.0 last April to -1.2 in August.

The Prime Minister said the report was a further sign Portugal has exited from recession.

TPN/Lusa

Socialist Prime Minister José Sócrates welcomed an improved Portuguese business and consumer confidence report last Friday as "good news", telling opposition parties preparing for legislative elections next month to avoid a sour-grapes reaction.



Prime Minister José Sócrates makes a speech during the opening of the PT Contact Centre in Santo Tirso on Monday. (Photo: Lusa / Hugo Delgado)

Four in ten earn under €600 per month

More than 1.5 million employees earn less than €600 per month, the equivalent of 35 percent of all workers employed by someone else, according to the National Statistics Institute's (INE), figures from April, May and June this year.

However, these statistics also reveal that the number of people who earn poor salaries has decreased, with 157,000 fewer people earning a lower wage than during the same period of last year when 42 percent of employees earned less than €600.

This is believed to have been a result of the economic crisis, which mainly affected those with non-qualified professions, such as construction and factory workers.

The figures are calculated on base salaries, after tax deductions and other Social Security contributions have been deducted.

Sixty-seven percent of work-

ers employed by others earn less than €900, some 2.6 million people, in comparison to the 2.7 million last year.

However, the quantity of people earning more than €1,200 per month has risen to 498,500 individuals, 52,000 more than last year.

Globally, the crisis has resulted in the loss of 152,000 jobs in the space of one year. Unemployment figures rose to 9.1 percent, meaning more than half a million people in this country are without a job.

Average wages are now established at around €766 per month, which is 3.9 percent higher than a year ago.

EU business climate indicator continues to recover

The Business Climate Indicator (BCI) for the Euro area increased again in August. However, the level is still very low, even when compared to the previous historical lows of 1993. This suggests that year-on-year industrial production growth will have been negative in July and will remain subdued in August.

The rise in the BCI reflects an overall improvement. In particular, managers' production expectations and their perception of the production trend observed in recent months increased for the fifth month in a row and the improvement has been particularly strong for the production trend.

Both order books and export order books continued to improve from the trough reached in June. Managers' hopes for stocks of finished goods improved as well, even though the level of stocks was still considered excessive.

Similarly, the economic sentiment indicator (ESI) continued its recovery last month, registering the fifth consecutive increase in both series since the trough in March.

The ESI increased markedly – by 5.9 points in the EU, and by 4.6 points in the Euro area – to 80.9 and 80.6 respectively. However, in both areas, the level is still far below the average established in recent years.

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Ethiopia: Population, Famine and Fate

A quarter-century after a million Ethiopians died in the great hunger of 1984-85, the country is heading into another famine. The spring rains failed entirely, and the summer rains were three weeks late. But why is famine is stalking Ethiopia again?



A woman comforting a starving child when thousands of refugees of the drought arrived in the camp of Danan, southwest of Addis Ababa, back in April 2000. (Photo: IUSA/EPA/Joel Robine)

The Ethiopian government is authoritarian, but it isn't incompetent. It gives fertilizer to farmers and teaches best practices. By the late 90s the country was self-sufficient in food in good years, and the government had created a strategic food reserve for the bad years.

So why are we back here again? Infant deaths are already over two per 10,000 per day in Somali, the worst-hit region of Ethiopia. (Four per day counts as full-scale famine.) Country-wide, 20 percent of the population already depends on the dwindling flow of foreign food aid, and it will get worse for many months yet. What have the Ethiopians done wrong?

The real answer (which everybody carefully avoids) is that they have had too many babies. Ethiopia's population at the time of the last famine was 40 million. Twenty-five years later, it is 80 million. You can do everything else right—give your farmers new tools and skills, fight erosion, create food reserves—and if you don't control the population, you are just spitting into the wind.

It is so obvious that this should be the start of every conversation about the country. Even if the coming famine in Ethiopia kills a million people, the population will keep growing. So the next famine, ten or fifteen years from now, will hit a country of a hundred million people, trying to make a living from farming on land where only 40 million faced starvation in the 1980s. It is going to get much uglier in Ethiopia.

Yet it's practically taboo to say that. The whole question of population, instead of being central to the debate about development, about food, about climate change, has been put on ice. The reason, I think, is that the rich countries are secretly embarrassed, and the poor countries are deeply resentful.

Suppose that Ethiopia had been the first country to industrialise. Suppose some mechanical genius in Tigray invented the world's first steam engine in 1710. The first railways were spreading across the country by the 1830s, and at the same time Ethiopian entrepreneurs and imperialists spread all over Africa. By the end of the 19th century, they controlled half of Europe too.

Never mind the improbabilities. The point is that an Ethiopia with such a history would easily be rich enough to support 80 million people now—and if it could not grow enough food for them all, it would just import it. Just like Britain (where the industrial revolution actually started) imports food. Money makes everything easy.

In 1710, when Thomas Newcomen devised the first practical steam engine in Devonshire, the population of Britain was just 7 million. It is now 61 million, but they do not live in fear of famine. In fact, they eat very well, even though they currently import over a third of their food. They got in first, so although they never worried in

the slightest about population growth, they got away with it.

Ethiopia has more than four times the land surface of Britain. The rain is less reliable, but a rich Ethiopia would have no trouble feeding its people. The problem is that it got the population growth without the wealth. Stopping the population growth now would be very hard, but otherwise famine will be a permanent resident in another twenty years.

The problem is well understood. The population of the rich countries has grown about tenfold since the earliest days of the industrial revolution, but for the first half of that period it grew quite slowly. Many babies died, and there were no cures for most epidemic diseases. Later the death rate dropped, but by then, with people feeling more secure in their lives, the birth rate was dropping too.

Whereas in most of the poor countries the population hardly grew at all until the start of the 20th century. But once the population did start to grow, thanks to basic public health measures that cut the death rate, it grew faster than it ever did in the rich countries.

Unfortunately, economies don't grow that fast, so these countries never achieved the level of comfort and security where most people will start to reduce their family size spontaneously. At the current rate of growth, Ethiopia's population will double again, to 160 million people, in just 32 years.

You're thinking: that will never happen. Famine will become normal in Ethiopia well before that. No combination of wise domestic policies, and no amount of foreign aid, can stop it. And you are right.

What applies to Ethiopia applies to many other African countries, including some that do not currently have famines. Uganda, for example, had five million people at independence in 1960. It now has 32 million, and at the current growth rate it will have 130 million by 2050. Uganda is only the size of Oregon (New Zealand, Ecuador, Romania, Laos).

History is unfair. Conversations between those who got lucky and those left holding the other end of the stick are awkward. But we cannot go on ignoring the elephant in the room. We have to start talking about population again.



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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Passengers grounded as SkyEurope planes fail to 'turn up'



Around 100 passengers who were due to board SkyEurope flights to Prague and Vienna during the early hours of Monday morning were bitterly disappointed when, according to Lisbon airport staff, the aircraft "didn't turn up".

Representatives of airport handling company Portway reportedly informed passengers that the airline had declared bankruptcy around a month ago, and this was seemingly put forward as the explanation. It was further suggested that purchasing a ticket with national airline TAP or placing a formal complaint with the National Civil Aviation Institute were the only solutions.

Aircraft for SkyEurope flight NE 3193 to Vienna and flight NE 2197 to Prague, due to leave at 01h30 and 01h50 Monday morning respectively, both failed to arrive at Portela Airport, leaving the estimated 100 passengers with no alternative but to re-book their flights with an alternative airline or cancel their travel plans.

According to *Lusa* news agency, the company's planes were prohibited from taking off and landing at the Bratislava (Slovakia), Prague (Czech Republic) and Paris (France) airports due to outstanding fuel debts.

The airline released a statement saying it was working towards resolving the situation and asked for passengers' understanding.

Since it was founded in 2003 SkyEurope, which currently has a fleet of seven aircraft, has an accumulated debt of €1.76 billion. Before its bankruptcy the airline operated from Vienna, Bratislava, and Prague, and flew to destinations including Lisbon, Barcelona, Brussels, Athens and Bucharest.



Sky Europe Chairman, Christian Mandl pictured during the 2006 company results press conference in Vienna on 30 November 2006. (Photo: EPA/Harald Schneider)

Air traffic down in July

According to the International Air Transport Association (IATA), on an international scale, the global number of passengers flying during the month of July this year dropped by 2.9 percent in comparison to July 2008, while air freight also fell by 11.3 percent that month, in comparison to the same month of the previous year.

But despite the drop these figures are still a slight recuperation in relation to June this year, when global passenger figures dropped by 7.2 percent.

Overall, during the first six months of this year, worldwide air travel passenger figures fell by a record 6.8 percent.

The 11.3 percent drop in the quantity of air freight being transported in July this year (and in comparison to the previous year) was also an improvement in comparison to the month before, when the decrease was 16.5 percent, as well as in comparison to the average for the first seven months of this year when air freight transport fell by 19.3 percent.

Within Europe, IATA be-

lieves that the gradual improvements are being caused mainly by the hefty discounts being offered by airlines, or due to improvements in client's economic circumstances.

According to IATA's executive chairman and general director, Giovanni Bisignani, said that while the figures are looking better, essentially the situation in itself has not changed and no significant increases in profits or revenue have been registered.

"The next few months will be marked by insecurity and uncertainties, including the price of fuel. The path to recovery will be slow and volatile. Meanwhile the industry will remain in intensive care", he said.

Schooling to be compulsory until age of 18



A new law that has raised the compulsory schooling age from 15 to 18, as well as defining primary school conditions, was published last week in the Government's Gazette.

According to the new law students must attend school until they "attain a diploma from a completed course that is equivalent to secondary school education, or until they are 18".

Therefore, students who commence this upcoming school year (2009-2010) at 7th Year level, the first year of secondary schooling, are affected by the change.

Those who enrol in 8th and 9th Year forms are covered by the previous regime that stipulated schooling was compulsory until the age of 15.

Law no. 85/2009 highlights that "obligatory schooling implies that the legal guardian should enrol pupils in public, private or cooperative schools, or in institutions of professional training that are recognized by the respective authorities, with the

onus of attendance being the responsibility of the student".

The law further stipulates that compulsory education is universal and free regarding "entry fees and other expenditures relating to school enrolment and certifications, with subsidies being available to those who need social support for schooling", namely scholarships with conditions that are regulated by the Government.

While not yet implemented, another alteration to be included in the law change foresees universal pre-schooling for all children from the age of five. This means that it is the responsibility of the state to ensure the existence of a pre-school network that provides free education to all children of that age group.

This will come into force following the upcoming elections.

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Windows 7 vs Windows Vista



It looks like Microsoft has finally got it right. With the official release date of Windows 7 set for the end of October 2009, we might see many users opting for the change to the new O/S that Microsoft had long hoped to see with Windows Vista.

Windows 7 Beta after being thoroughly tested by our technical team has turned out to be the clear winner over Vista, whose sluggishness, annoying nag screens, and incompatibilities have caused many users to downgrade to Windows XP.

We see no radical changes in Windows 7 compared to Vista, but we do see more attempts made by Microsoft to fix Vista's main flaws. Both operating systems share the same underlying architecture, and graphical touches like translucent Window borders. But Windows 7 introduces some new key navigation and ease-of-use features, plus scores of small usability and

performance improvements which help it to be one of the best operating systems that Microsoft have developed to date.

The most high-tech feature in Windows 7, and one that may eventually redefine how people use computers, is its multitouch screen navigation. Best known on Apple's iPhone, this system allows you to use your fingers to directly reposition, resize, and flip through objects on a screen, such as windows and photos. It is smart enough to distinguish between various gestures and combinations of fingers.

Windows 7 also has plenty of other benefits. The most important one being speed. In various tests, even the beta version of



Windows 7 was dramatically faster than Vista at such tasks as starting up the computer, waking it from sleep and launching programmes.

The familiar Windows taskbar is more customizable and useful in Windows 7. The programme icons are larger, and can be "pinned" anywhere along the taskbar for easy, repeated use. There are also "jump lists" that pop out from the icons in the taskbar and start menu, showing frequently used or recent actions.

Windows 7 also cuts down on annoying warnings and nag screens. Microsoft notifications have been consolidated in a single icon at the right of the taskbar, and you can now decide under what circumstances Windows

will warn you before taking certain actions.

Compatibility issues with hardware and software, which was a problem in Vista, seems far better in Windows 7, even in the beta. We tried various hardware components, including external hard disks, printers, and digital cameras, and nearly all worked fine.

But all positive points set aside; there are some downsides to Windows 7. First, you will only be able to directly upgrade Vista computers to the new version. People still using Windows XP will need to perform a more cumbersome multistep process. Microsoft is working on a method to help XP owners preserve all their data during this

process.

Secondly, Windows 7 will eliminate some familiar bundled programmes from Windows Vista like Mail, Calendar, Photo Gallery, Movie Maker, and Address Book. To get similar basic, free, programmes, you'll have to download them from Microsoft's Windows Live service, or use alternatives from other companies. Microsoft defends this move as supporting consumer choice and better coordination with Web services, but it does remove out-of-the-box functionality from Windows.

Still, when all is said and done, Windows 7 looks very promising, and who knows; perhaps it will help expunge the bad reputation of Windows Vista.



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Ralf Pinto (R) welcomes Ehud Gol (L), Ambassador for Israel, at the Faro Jewish Heritage Centre.

Algarve region with most births



Official figures from 2008 have shown that the Algarve is once again the region where there are most births in Portugal, and, in 2008, 50 more babies were delivered in that region than the year before.

The Regional Algarve Health Board (ARS) confirmed this week that in 2008 there were 4,942 births in the region, 50 more than in 2007, when, according to the National Statistics Institute (INE) 4,892 babies were delivered.

Last year in the Algarve there were 11.5 newborns per 1,000 inhabitants, the national average being of 9.8 newborns per 1,000 inhabitants.

The Alentejo is the region with fewest births, with 8.1 babies per every 1,000 citizens in that area.

Immigrants are believed to have significantly influenced these figures. According to the ARS, around 20 percent of babies born in the Algarve in 2008 had foreign mothers.

Brazilian women were the ones who gave birth most often in the Algarve last year, with 365 babies being born to moth-

ers of that nationality. They were followed by Ukrainians, who were responsible for 150 births, Romanians (130), Moldavians (100), British (67) Guinea-Bissauan (35), Angolan (34), Cape Verdean (32), French (20) and Bulgarian (19).

Another contributing factor to the rise in births is believed to be the quality of neo-natal medical care.

Faro Hospital's Neo-natal Centre, the only one in the region, cares for premature babies that weigh less than one and a half kilos and helps at least fifty babies per year survive a premature birth.

Based on figures from the INE and the National Health Board, the Algarve's infant mortality rate is the lowest it has been for the past five years, another contributing factor to its regional baby-boom.

The birth rate in Portugal has

fallen almost three-fold since 1935, from 28 percent that year, to just 10 percent in 2006, indicating generations are not being replaced.

A restoration of the population at present will only be possible when an average of 2.1 children per woman is reached. At present the average is 1.36 children per woman of fertile age.

New Israel Ambassador visits Faro's Jewish Heritage Centre



Faro's Jewish Heritage Centre, the only remaining vestige of the first post inquisition Jewish presence in Portugal, gathered several high ranking officials to welcome the new Ambassador for Israel, Ehud Gol, last week, in what was his first visit to the Algarve.

It was a memorable day for Faro's Jewish Heritage Centre last week, when Ehud Gol, the new Ambassador for Israel, visited the Centre, which pays respect to the long established Jewish community of the region.

Ralf Pinto, Vice-President of the Faro Jewish Heritage Centre, began the ceremony by thanking everybody who has helped towards the sustained growth of the Faro Jewish Heritage Centre since 1993: "I would like to thank all the members of the Jewish community, but especially my wife Judy, for her input and patience when we started in 1993. A lot has been done for the Heritage Centre and we now have unbelievable cooperation from the police, the community, the embassies and local entities."

This cooperation from the regional authorities was clearly demonstrated during the ceremony as it was honoured by the presence of the current and previous Faro Mayors, the Civil Governor, the President of Turismo do Algarve, the Director of the Algarve Library, the

PSP Police Chief, among others.

Carlos Silva Gomes, Faro's Civil Governor, began by welcoming Ehud Gol to the Algarve and the Centre, adding "The Jewish community is very important to Portugal's history and it is vital to respect everyone's religion."

Faro's Mayor, José Apolinário, spared no compliments to the Jewish Heritage Centre "We must defend, preserve and protect this place of respect and memorabilia"; also stating "we are honoured to be associated with this site, which shows that the Algarve is a region of constant change. In the past this region was more separate from the rest of the country but is now becoming more global and open minded."

Ehud Gol, Ambassador for Israel since January 2009, was honoured to be invited to the Centre: "It is a moment of great emotion to see this mark of the Jewish community in the Algarve. I would like to thank Ralf and Judy Pinto for doing so much in preserving the Jewish past in Faro" adding "I wish to continue improving the relation-

ship between Israel and the Algarve's Jewish community, as has been done by previous Ambassadors."

The ceremony concluded with a speech from Mr Bachman, who spoke of the impact the Jewish community has had on the Algarve in the past centuries, and how the Jews endured extremely hard times during the inquisition, either being killed, forced into Christianity or banished from Portugal. In 1450, before the inquisition, it was thought that 10% of Portugal's population was Jewish. The community began to grow again after the 1755 earthquake, which devastated the country, to help rebuild the economy of the region.

The Jewish Heritage Centre consists of a museum and a cemetery. The land for the Cemetery in Faro was purchased in December 1851, however there are graves dating back to 1838. The Faro Jewish Cemetery is listed in the Cemeteries classification as a Place of Public Interest in the Portuguese's National Register of National Historical Monuments.

Obituary

Margot Baker 22nd Feb. 1931 – 27th Aug. 2009

Margot was a Guys trained nurse and midwife in the early 1950s. Her first husband was killed in a flying accident with the R.A.F. so she had to bring up her baby daughter single-handedly.

She married for the second time in 1964, whereupon she became an architect, successfully specializing in renovating old listed, timber-framed buildings. A second daughter - Emma - arrived in 1970.

After early retirement she and her family came to live in the Algarve and have been here about twenty years. Her sense of fun and phenomenal memory will be sadly missed.

Margot leaves two daughters, seven grandchildren and her husband. The funeral was held in the Misericórdia de Lagoa (Chapel of Rest) in Lagoa, with a private cremation in Beja.

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Portimão at the European Seatrade Exhibition



The Algarvean city of Portimão, which is home to one of Europe's fastest 'up and coming' cruise ports, will be featured at the European Seatrade Exhibition, which will take place in Hamburg from 15th – 17th September, in Hamburg, Germany, and is the largest event of its kind this side of the Atlantic.

This cements Portimão's growing profile as an important destination on the international cruise circuit, and will feature alongside other Portuguese ports such as Lisbon, Leixões and the Azores.

Despite the current economic climate the cruise-tourism sector is still thriving

within Europe, according to figures, at a remarkable rate, particularly in the British and German markets.

By participating in the Seatrade Europe Exhibition Portimão hopes to further promote its Cruise Port as well as enlist more companies and routes to include it as a destination on their cruises.

This year Portimão expects to welcome an estimated 30,000 tourists, on top of the 26,000 passengers that the weekly Madeira/Canary Islands – Portimão ferry will transport this year.

For more information, see www.seatrade-europe.com.



Aerial view of Porto de Cruzeiros in Portimão (Photo CMP Miguel Veterano)

Work starts on Portimão sports complex



The construction of Portimão's future sports complex is now underway as Grupo Lena and the Council of Portimão celebrated the laying of the first stone at the 400,000m² plot of land, where the state-of-the-art sports complex is to be built.

Representing a €150 million investment, the future sports complex will have an Olympic size indoor swimming pool, a multi-purpose sports pavilion, a Municipal football stadium, a residential area, a botanical garden and many more features, making this one of Portimão's most ambitious projects so far.

With the first structures expected to be ready in two and a half years, architect Mr. Raposo stated, during the project presentation at the grounds, "We will definitely be creating a sports city", a fact that was supported by António Barroca, Chairman of General Board of Grupo Lena, who said "We have been able to create a project that deserves to be seen... it is an honour to be in charge of this project."

Set within a 395,240m² plot of land, the future sports complex will focus very much on the environment, with 140,000m² of the space being green areas, making it

Portimão's new 'green' lung.

The multi-purpose pavilion will have seating for 3,160 people and equipment for several different indoor sports. The Municipal Football Stadium will possess several restaurants, commercial spaces, congress/meeting/conference rooms and seating for 8,000 people. The swimming pool complex will boast an Olympic size indoor swimming pool and will provide athletes with conditions to train for high-performance competitions in swimming, water polo and synchronised swimming.

Several different types of homes, such as townhouses, semi-detached, closed condominiums,

or apartments; will be available for purchase in the residential area.

Manuel da Luz, Portimão Mayor, is extremely proud of where Portimão is and where it is heading "This is an historic moment", he said, adding "It is a project for the future and will relaunch Portimão to the frontline, making it a prime example of a sports city."

After the presentation of the project, Manuel da Luz and António Barroca laid the first stone of the project, in which there was a scroll with the signatures of all the parties, and some coins to bring good luck. It is thought the sports complex will create 1,400 direct jobs and 2,000 indirect ones.



Portimão Mayor Manuel da Luz (L) lays cement whilst António Barroca, Chairman of Grupo Lena's General Board (R) holds the scroll upright during the ceremony celebrating the beginning of construction of the future Portimão sports complex.

Three people arrested in Aljezur



Aljezur's GNR arrested three individuals last week on suspicion of dealing drugs, discovering enough cocaine and heroin for 256 individual doses in their possession.

The three suspects, two women and a man, were already referenced for several criminal activities and, when Aljezur's GNR detected many suspicious trips by the individuals, they pulled over the vehicle in which they were travelling.

"During the search [of the vehicle] 256 individual doses of cocaine and heroin were seized", stated GNR's Faro command, adding that four mobile phones, €280 in cash, an illegal personal defence spray and the vehicle were also confiscated.

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Lisbon Mayor, António Costa, during the presentation of his party's new electoral campaign at the Museum of Electricity, in Lisbon. (Photo: Manuel de Almeida/LUSA)

Lisbon Mayor pledges to go 'green' in bid to win votes



During the presentation of the party's electoral programme António Costa, PS Parliamentary candidate, sported a green tie that was symbolic of what he pledges to achieve, should he be chosen as new the Prime Minister.

More parks and horticultural urban spaces, improving traffic discipline as well as creating more crèches and assistance for the elderly were amongst key issues that António Costa addressed during the presentation of his party's campaign, held at the Electricity Museum earlier this week.

Should he win the upcoming elections, António Costa and his team have promised to create five new parks within Lisbon, one of which in the Praça de Espanha, as well as promoting 'urban horticulture'.

Reiterating that the city's "environmental sustainability" lies mainly in "improving traffic discipline", the PS party also vow to reinforce traffic rules and regulations, such as penalizing double-parking.

Creating two new 'high-speed' tram lines between Alcântara and Restelo, and

Olivaes and Benfica, via Lumiar is another promised priority, as well as reducing driving speeds to 30 kilometres per hour within several neighbourhoods.

António Costa has also said he would like to create a network of school buses.

Children are, in fact, a target of special attention within the PS's campaign, being promised 76 new crèches, and the introduction to arts at primary school level.

The elderly are also highlighted in PS's campaign, for whom ideas include creating a network of 24-hour home support, to take care of issues including minor DIY and home-repair jobs.

Five new 'assisted residences' and 750 extra beds in existing establishments for elderly care also feature in the campaign's programme for the elderly.

Lisbon opens two new tourism centres

Two Tourism Centres were inaugurated in Lisbon last week. Designed to attract young people, the centres in Jardim do Regedor Street and Palácio da Foz cost around €420,000 to build and renovate.

Mário Machado, Lisbon Tourism's Vice-President, believes Lisbon must be bold to outshine fierce competition from other destinations, which in turn must be represented by heavy investment in urban quality and services. He also said tourists are becoming increasingly demanding,

the reason why both these centres have been built with modern and traditional styles in mind, improving the City's services.

The Palácio da Foz Tourism Centre was reopened after extensive renovations and, less than half an hour after the inauguration, the centre was full of in-

quisitive tourists.

Both Tourism Centres took three months to build/renovate and were designed by architect Tiago Silva Dias.

Lisbon's Tourism Association hopes to surpass the 1.1 million tourists attracted in 2008 with these new Tourism Centres.

Lisbon Subway extension

Lisbon's Subway extension plan has been valued at €2.5 billion and foresees 31 new stations on the four existing lines, extending the network a further 29.2 kilometres. Ana Paula Vitorino, Secretary of State for Transport, added that, by 2020, the network will have an extension from Odivelas to Bons Dias and Infantado, whilst the green line will have an extension and become a circular line; connecting Cais do Sodré to Rato. There will also be a new station on the green line, temporarily called Madrid, between Areeiro and Roma.

Alvito will also be joined to Alcântara, and Sacavém to Pontinha, passing through the Airport and Campo Grande to the Amadora Hospital/Sintra.

With further extensions at Pontinha station making it a line crossover station, trips to the Airport will be cut to only fifteen minutes. Three new stations will be built on the blue line: Urugai, Benfica and Alfândega.

The plans will now be presented for public discussion, and some changes might still occur, although Ana Vitorino has guaranteed that all the stations will be built.

PJ Police overhaul



The Lisbon Judiciary Police headquarters are set for a massive overhaul, estimated to cost around €90 million and be ready by 2012, according to Conde Rodrigues, Adjunct State Secretary for Justice.

The project is looking to carry out extensive renovations to the Judiciary Police's (PJ) existing building, as well as add a new extension and build new structures, with work being carried out on an area of over 100,000m².

All the work completed will be financed from national funds, included in the State's budget.

Conde Rodrigues, Adjunct State Secretary for Justice, explained that this new project will concentrate all the PJ's departments in the same building, which in turn will make their services much more efficient, as opposed to its current arrangement, with their services spread throughout the City.

The new PJ headquarters will have a brand new, state of the art,

forensic science laboratory, which will work autonomously from the rest of the force; a helipad for the Navy's helicopters and parking for the Judiciary Police's entire fleet of vehicles.

Merging all the PJ's different departments into one building will require replacing all their equipment plus the creation of a shooting range, among other necessities.

According to the project, renovations will be made to 19,000m² of the existing building, adding a 3,000m² extension and building 80,000m² of new structures.

The National Director of the PJ praised the decision for this project maintaining the same location, saying that if it were

transferred somewhere else it would be "a huge loss for the force's history."

The Minister for Justice, Alberto Costa, was also happy with the project saying, "Almost everyday news comes that praises their [the PJ] efforts and results", adding that there are now more PJ officers than ever and that this upgrade is much needed.



Over the past few years the hostel business in Portugal has flourished and has now placed Lisbon, which is home to some of the best hostels in the world, firmly on the map.

According to accommodation reservation site www.hostelworld.com Lisbon is the world's number one city for quality hostels, many of which are compared to 'boutique hotels'.

Further proof of this was found in this year's 'Hoscar' awards (so named as they are dubbed the 'Oscars' of hostels) when the top three prizes for best hostels were all given to establishments within the Portuguese capital.

Travellers House, Lisbon Lounge Hostel and the Living Lounge Hostel, all found in Lis-

bon, were classified by 800,000 clients who awarded points to more than 20,000 hostels from around the world.

Hostels are based on the interaction amongst guests, shared spaces, a family atmosphere, and low prices. Since 2005 that sector has been booming in Portugal and presently 21 hostels in Lisbon and Oporto are listed on www.hostelworld.com.

Portuguese hostels have been highlighted for the careful decoration and attention to detail that they boast.

Vera Campos, co-owner of the

Downtown Hostel in Oporto, said "hostels are getting very luxurious for the type of clients and client expectations. They are now almost like 'boutique' hotels", and added that the improvements aim to attract "more families and business people who like to meet other people".

Ricardo Castro, head of the Portuguese Hostels Association, which was founded in 2008, and owner of the Poets Hostel chain, agreed with the observation saying "We are one of those cases. I have a degree in the arts so it is a natural procedure for us to invest

in décor. The idea, when we started out, was to set ourselves apart from other establishments offering the same prices".

Prices per night for a bed in a shared room can range between €17 and €19, where rooms for two people can start from €20.

The majority of guests are 'shoestring' travellers aged between 20 and 30, through there are exceptions.

Ana Davies, owner of The Yellow House Hostel said her past guests have included "doctors, scientists and Harvard graduates".

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Now established for 15 years the Cris Piessens Clinic is a point of reference within Portugal regarding quality dentistry and professional experience. Dr. Cris Piessens, who is Belgian-trained but acquired and developed his expertise by working in various countries around the world, has lived in Portugal for 16 years. He has more than 20 years experience in his profession and now dedicates his career to implantology.

Dr. Piessens is arguably one of the most highly qualified, dedicated implantologists south of Lisbon and has clients who travel to his clinic in Albufeira purposely from all over the globe for their implants.

Offering the highest level of international dentistry, the Cris Piessens Clinic also caters for standard dentistry and oral hygiene, holiday and travel dentistry, orthodontics (diagnosis, treatment and prevention of dental and facial irregularities such as crooked teeth requiring dental braces), and aesthetic dentistry such as teeth whitening.

For whitening, a state-of-the-art la-

ser treatment (Smartbleach Laser) is applied; the clinic was the first one in Portugal to make this available.

All examinations are carried out in-house, including x-rays and analysis, to keep diagnoses as time-efficient as possible.

Veneers and full ceramic crowns are available, the crowns being made from advanced Zirconium technology, something that is not only new to Portugal but also very recent in the world of dentistry.

Made up of three dental rooms plus a purpose-made, sterile implant surgery room, a welcoming reception area, ample parking in the surrounding areas including a car park at the bottom of the road and a very friendly atmosphere, it is no wonder that the Cris Piessens Clinic is permanently busy and bustling. Several permanent members of staff who are all multi-lingual take care of patients, completing the thorough quality service. The clinic is open Monday - Friday, from 09h00 - 13h00 and 14h00 - 19h00, as well as Saturday mornings. It is located directly opposite Lidl.

Q Gardens – value thy garden



Being a long established garden centre, Q Gardens has everything you will ever need for your garden, with expert assistance to ensure the choice made is the correct one.

Located just outside Odiáxere on the E.N.125, Q Gardens boasts a 1,400 square metre enclosed wilderness with choice galore. One can transform the normal shopping trip into a serene stroll in the gorgeous environment that the centre possesses, making the shop a pleasure before a chore.

Q Gardens can provide for any size job, having all the material necessary to carry out even the most complex jobs.

They sell an unimaginable variety of plants, Mediterranean plants, trees, palms, exotic plants and fruit trees. They also sell pottery, garden furniture and fountains.

A various amount of services are supplied such as plant rentals for parties and events, maintenance, landscaping, design and irrigation. Construction of biological pools and ponds can also be arranged at competitive prices.

The massive international team speak seven languages and have the knowledge to answer even the most avid gardener's queries. Their aim is to give every client a friendly, personal and prompt service.

Q Gardens provide special rates for landscapers. If you are not one, never fret, Q Gardens have weekly promotions that will never cease to amaze.

For the future, Q Gardens would like to concentrate on water-saving and low maintenance gardens, recognizing the difficulties some people are facing with high maintenance costs nowadays. So an aesthetically pleasing garden with practically no maintenance is their bet towards the eco-friendly future.

At the moment they have new garden furniture and pottery available, adding yet more products to their already massive collection.

With the new season arriving, so are new stocks, adding the latest furniture around to embellish garden areas.

Q Gardens are open from Monday to Saturdays between 9am and 7pm and are closed on Sundays.

Livingston's Painting



It is time to put your paintbrushes away and leave it to professionals! Shanny Livingston will work wonders to your home and give it a brand new look, filling up all the nooks and crannies and giving a nice even painting to your home.

Shanny (Shannan) Livingston moved over to Portugal with his family in 1972 and decided to enter the painting trade just over a decade ago. Having gained experience by working for others and learnt the ins and outs, Shanny decided to go solo two years ago and has not looked back since. Acknowledging that the paint trade is an extremely competitive one, Shanny shines above the rest through his quality workmanship and attention to detail, fixing any imperfections he might find, probably due to his background in Art College.

For a good painting job to be carried out, preparation is the key as it is the foundation to which the paint is applied. The first stage to a painting job is to wash the whole area down with a high-powered pressure washer, in order to remove loose paint, grease, dirt & organic growth; giving the paint a smooth and porous surface to absorb into.

The second stage is to fill in all the

cracks and skim all areas necessary, to apply the sealant later. These stages are indispensable before applying the first coat of paint in order to keep the standard at the highest. To offer an exquisite finishing on jobs, at least two coats are applied, sometimes three, depending on the colour to produce a consistent, even finish.

To keep his lines perfectly straight, Shanny always uses tape and caulk all tile edges, windows and door frames. All these precautions plus a good eye for attention to detail will ensure the job will please even the most meticulous clients.

People say a good workman can be judged by the mess he leaves after him, which only proves Shanny's superb work as cleanliness is his top priority. To keep areas clean and tidy he lays down large dust sheets to avoid stains and a messy environment.

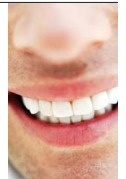
Choosing top quality products, Shanny usually uses the two top brands of paint in Portugal, unless the customer requests for a specific paint, and he also supplies his own rollers and brushes. Centrally located in the Algarve, Shanny will take jobs from Lagos to Tavira and he covers all aspects of painting: woodwork, metalwork, interior and exterior.

THIS WEEK'S PROFILES



Giants Windows

Contact Giants Windows on telephone: (+351) 289 998 050, Fax: (+351) 289 998 279, mobile: (+351) 911 199 888, email: giantswindows@hotmail.com, or, visit the showroom located at: Rua de Faro no.14, 8005 - 531, in Santa Bárbara de Nexe, Faro, Algarve. Opening times: Monday - Friday 09h00 - 13h00, 15h00 - 18h00. Closed weekends.



Cris Piessens Dental Clinic

For more information contact the Cris Piessens Clinic in Albufeira on: (+351) 289 589 080, fax: 289 589 716, or mobile phone (also an emergency number): 966 017 783. Alternatively e-mail: info@crispiessensclinic.com, or see website: www.crispiessensclinic.com.



Q Gardens

For more information on Q Gardens, please call on 282 799 633, visit their website www.qgarden.pt, email qgarden@mail.telepac.pt or, as the best option, visit the garden centre itself.



Livingston's Painting

If you wish to contact Livingston's Painting for a quotation, you can contact Shanny on 917 511 550 or email: livingstonspainting@dix.pt.

If you would like us to profile YOUR business, call our Sales Manager on 707 500 677



East Algarve Walks
Every Tuesday & Friday mornings.
For more information:
913 595 868.
brian@moonlightservices.eu
www.moonlightservices.eu

New term begins

With the official end of summer now behind us and many of our family and friends returning to their home countries its time to think about the new term for ICC Mums and Tots.

If you have a little person in your family and would like to meet other mums and dads then come along to our group. It meets every Tuesday from 10-12 noon and the new term starts next Tuesday September the 8th.

As well as the social time of just getting to know each other there are activities for your children ranging from crafts, singing, games etc to keep everyone active for the 2 hours.

For more details please ring Ruth 282 697 546 or Linda on 282 086 804 or look us up on www.icc-lagos.org recent events

CHARITY TENNIS TOURNAMENT



Sunday 4th October - Jardins Do Golfe
9am onwards

MIXED DOUBLES KNOCKOUT COMPETITION
followed by BBQ Lunch

Cost: €20 per player incl. lunch
Spectators welcome - €15 lunch only

To enter please call Jackie on 963 494 788,
Wanda on 919 617 995, or email sam@accakids.com
Numbers limited so please hurry!
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Ideal for family golf!
Ideal for beginners!



Vale de Milho - A 9 hole, par 3 golf course, was designed by the Ryder Cup player Dave Thomas, to provide a real challenge throughout it's 926 meters for all standards of players. Facilities include a lounge bar, restaurant, a well stocked shop, snooker room and golf school.

"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

TWILIGHT PROMOTION	SPECIAL PROMOTION (JUNE-OCTOBER)	BREAKFAST OR LUNCH
€25 - With Clubs - €40 June to August after 3:30pm	9 Holes - €20 18 Holes - €30	9 Holes - €26.50 18 Holes - €38
September to October after 2:30pm	With Clubs - 9 Holes - €32.50 18 Holes - €47.50	With Clubs - 9 Holes - €40.50 18 Holes - €57.50

*** Subject to availability. No service at weekends.

GREEN FEES
9 Holes Green Fee €24.00
9 Holes Green Fee Junior €16.50
18 Holes Green Fee €37.00
18 Holes Green Fee Junior €25.50

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Telm. 919 816 560
E-mails: valedemilhogolf@mail.telapac.pt
Web site: valedemilhogolf.com

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GREEN FEES
WITH THIS
VOUCHER**

Charity sale success

The Lions Clube de Loulé had another successful charity sale on July 19th, raising over €550.

It was very pleasing to have such a large number of people supporting the event. These sales are held every month at the

Centro comunitário in Al Mancil.

The next sales will be on September 27th and then on November 22nd from 9.30-12.00. Admission is free and on sale at very reasonable prices, are good quality clothes, linen, bric-a-brac, books, shoes and toys. Refreshments are available and there is something for everyone.

The Lions always welcome items for their sales and they can be collected from you just ring 289 416659. Currently the Lions are supporting the extension and improvement work at the Centro Comunitário. If you would like to find out more about the Lions, their work and activity pick up a leaflet at he sales or ring Bruce Allen on 282 444 874.

Dinner Just for the women of Loulé

Local elections are upon us yet again and there is a dinner organised on Friday 4 September destined only for Women.

This dinner, costing only €10, is to support Dr Seruca Emidio, the actual President of Loulé, who is standing again for the PSD party.

The dinner will be held at the AquaShow restaurant on the road between Quatro Estradas

and Quarteira and starts at 8.00pm.

It is necessary to book and acquire a ticket. If you would like more information or would like to book, please contact Bev Gibbons on 919 363 190 or pinetrees.riding@world.net.pt

Saturday bike rides

Saturday, 5th September
bike ride starts at Monte Francisco near Castro Marim.

Starting Point: Leave the A22 at Junction 18 (also sign posted Castro Marim). Upon leaving the motorway take the direction north on the IC27 in the direction of Alcoutim, away from the coast. Crossing underneath the A22, you immediately see Monte Francisco ahead on the left. Turn left into Monte Francisco and then immediately left at the first little roundabout. There is a car

park about 100 metres ahead on the right. Meet here at 10am for a 10.15am start. Please call if you need clarification of the directions.

Paul will be at bikeland from 9-9.15am and can take some people and/or bikes from there if required. If you need bike hire or transport, then please contact in advance so that this can be arranged.

Ride details: This weeks ride is around 35km and is mainly on dirt track roads with some quiet tarmac roads also. This route has lots of variety and has a few challenging little hills, but nothing to worry about!

We pass through some beautiful quiet countryside and cycle along the banks of the Guadiana which is great fun. An interesting and varied ride and one definitely not to be missed, I am sure that you will enjoy this ride. There will be at least one cafe stop somewhere along the way, but bring plenty of water and also sun protection.

Paul looks forward to seeing you on Saturday The cost is €5 per person (no joining fee). For more information, contact Paul Beesley on: 289 360 001 or 913 226 954, email: paul.beesley@sapo.pt, www.activityalgarve.com. Starting Point



KISS FM presents in association with **PDM travel**

A fantastic opportunity to visit Morocco.
Amazing value for money. Non profit making trip - a donation to Project Madrugada with every seat sold.

Thursday 1st to Sunday 4th October

Itinerary

1st day - Algarve to Algeiras
Stop for lunch in Cadiz on the way. Overnight in Hotel Algeiras B&B

2nd day - Ferry to Ceuta.

A local guide will accompany group the entire trip. Tour of Ceuta with time for shopping. On to Tetouan and typical lunch and guided tour.

On to Tangiers for dinner and **Hotel Intercontinental 4***

3rd day - After breakfast guided tour of Tangiers.
Typical lunch. Afternoon free or an additional tour of Arzila and Chefchaouen if preferred
Dinner & Overnight in **Hotel Intercontinental 4***

4th day - After breakfast, take the 10:00hr ferry to Algeiras and onto Gibraltar for lunch and a couple of hours shopping before journey back to Algarve

Costs €295 per person

Single supplement €40 per person
Please register your interest tel: 282 78 20 78 asap
In association with KISS FM and PDM Travel

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www.pestanagolf.com



Shaking things up



Forget vanilla and strawberry, these days you can make milkshakes with wine, coffee or even almonds. As Adam Ried, author of *Thoroughly Modern Milkshakes* gives us some sample recipes.

Restaurant Briefs

Restaurante Florestal is a gastronomic oasis lying within the National Forest close to the village of Barão de S. João, located between Luz and Lagos. Whilst the ambience inside the restaurant is rustic and romantic, the terrace and garden outside offer peaceful surroundings to enjoy al fresco dining at its best, with fantastic views. Your hosts, John from England and American Sharlene present a very cosmopolitan menu including their delicious Breast of Duckling, vegetarian choices and dishes with a taste of Mexico! Every Sunday there is a special brunch from midday to 3 pm, with occasional live music and a good selection of wines. Don't forget to reserve your table!

The Best Place. Traditional fish and chip shop with a difference. All-year daily specials. Situated in Old Town Albufeira next to MJ food stores. Closed on Sunday.

The Fat Frog, situated in Vale Formoso in Almancil. Serving traditional French food for lunch or dinner. The bar is open from noon until late. Enjoy sitting on their outdoor terrace or inside watching Sky sports on their 50" plasma screen. Closed on Sunday.

The Battering Plaice in Almancil (just next door to the Post Office) is the place to go for English Fish & Chips as we know and love them! As well as offering traditional cod and chips they also have Haddock, Scampi, Doner Kebabs, Pies, Sausages and much more. You can eat in the restaurant or order a takeaway, and there is a delivery service to Almancil, Quinta do Lago and Vale do Lobo areas as well.

Peach shake with brandy and nutmeg

1/4 cup cold whole or low-fat milk (about 60 mls)
1/3 cup cognac or brandy (about 75 mls)
1 1/2 tablespoons peach jam or preserves (21 grams)
1/2 tsp pure vanilla extract
1/2 tsp freshly grated nutmeg, plus extra for garnish, if desired
4 medium scoops peach ice-cream (about 340 grams), softened until just melty at the edges
4 medium scoops peach sorbet (about 340 grams), softened until just melty at the edges



Put the milk, cognac, jam, vanilla extract, and nutmeg in a blender and mix thoroughly, about 15 seconds.

Add the ice-cream and sorbet and pulse several times to begin breaking them up. With the blender motor off, use a flexible spatula to mash the mixture down onto the blender blades. Continue pulsing, stopping, and mashing until the mixture is well blended, thick and moves easily in the blender jar, roughly 30 to 90 seconds.

Pour into a chilled glass or glasses, and serve at once.



Mocha-cardamom shake

1/2 cup cold whole or low-fat milk (about 125 mls)
2 tsp instant espresso powder
1/4 tsp ground cardamom
4 medium scoops coffee ice-cream (340 grams), softened until just melty at the edges
4 medium scoops chocolate sorbet (about 340 grams), softened until just melty at the edges

Put the milk, espresso powder and cardamom in a blender and mix thoroughly, about 15 seconds.

Add the ice-cream and sorbet and pulse several times to begin breaking them up. With the blender motor off, use a flexible spatula to mash

the mixture down onto the blender blades. Continue pulsing, stopping, and mashing until the mixture is well blended, thick and moves easily in the blender jar, roughly 30 to 90 seconds.

Pour into a chilled glass or glasses, and serve at once.

Carvoeiro

BRASSERIE ROSAL

International & Mediterranean home-made cuisine
Extensive variety of starter, fresh fish daily, lamb rack, surf & turf
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Cod, Haddock or Scampi with chips and mushy peas
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RESTAURANTE Florestal

Barão de S. João

SITUATED ABOVE THE VILLAGE OF BARÃO DE SÃO JOÃO AND SURROUNDED BY THE NATIONAL FOREST, RESTAURANTE FLORESTAL IS THE IDEAL PLACE TO UNWIND AND ENJOY GOOD FOOD, WINE AND SERVICE IN A BEAUTIFUL PEACEFUL SETTING. THE COOL TRANQUILITY OF THE FOREST IS A REFRESHING BREAK FROM THE HEAT AND BUSTLE OF THE COAST.

CLOSED SUNDAY NIGHT & ALL DAY MONDAY
LUNCH 12.00 - 14.30
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RESERVATIONS ADVISED - CREDIT CARDS ACCEPTED

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Large Beer
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2 course lunch - €10
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Any revolution won't be televised

SIR, Certainly if SIC Radical have anything to do with it. Al-low me to explain.

We were recently blessed with a MEO digital recorder. As most people know this records programmes directly from the TV. You can search for upcoming shows, programme them to record and watch them when you feel like it. The beauty of this is that when the adverts interrupt your viewing with a few deft clicks you can fast forward the annoying, attention seeking mind rot and carry on watching your show as if nothing had happened. This has been the technology breakthrough that I had been waiting for my whole life. Forget mobile phones and moon landings, being able to fast forward TV commercials is something that gives me immeasurable pleasure. It really feels like finally we have won against the intrusive, omnipotent power of advertising. Unfortunately however, this wonderful piece of technology is rendered completely useless by SIC Radical's inability to air any of their shows at the time that they have specified.

Nine times out of 10 your programme will be cut in half because SIC has screened your show 15 to 20 mins. early or late and sometimes they just don't bother to screen it at all. Is it that SIC Radical take their name very seriously indeed and that they consider themselves so 'radical' that they don't bother with conventions such as GMT? One can muse all day long about how a TV

channel can be less punctual than a London bus service but one thing is certain - if there is a revolution you'll only see half of it on SIC Radical!

JAMES FISHER-MARTINS, By e-mail

Portugal Pro Vida

SIR, Eddie Fernandes, Pastor of Riverside International Church near Lisbon, has mobilised candidates all over Portugal to join a newly formed political party called Portugal Pro Vida (PPV) - Portugal pro-life - to stand against policies waiting to be brought into law if the current ruling party is re-elected following the legislative elections later this year. Eddie is on the national board of this party and also running as a candidate for the Lisbon district. He believes that all that is necessary for these tragic policies to be passed is for good people to be silent. He has decided to be neither silent nor inactive any longer. The PPV is strictly not involved with corporate fund-raising or making money in any way, also as a means of communicating their message of financial accountability, transparency and responsibility.

The PPV is campaigning initially as a civil grassroots movement on five fronts:

1. **Abortion** - revision of existing laws and prevention of new ones.
2. **Sex Education** - prevention of APF having total control over sex education in Portuguese public schools.
3. **Same Sex Unions** - against these becoming legal.

4. Adoption by Homosexuals

- against this becoming legal.

5. Living Testaments & Euthanasia

- more exhaustive study of these.

If you care about any of the topics mentioned above, and are eligible to vote, why not vote for the PPV? Please can we ask that you encourage any Portuguese friends with similar concerns to also vote for PPV. More details may be found on their website.

Are you willing to remain silent and allow these policies to be passed?

TONY & LOIS HERRINGTON, By e-mail

Dangerous crossings

SIR, I am writing in the hope of drawing the attention of the *Câmaras* as to why in so many areas that we travel in Portugal the zebra [pedestrian] crossings are in need of a desperate [coat of] paint, otherwise I can see a bad accident occurring at sometime. We had it happen to us as, a couple just walked out into the road without looking, and the crossing was hardly visible.

For us it was fortunate that my husband was only traveling very slowly otherwise things could have been a lot worse. So please, please let's see some newly painted crossings.

M., Moncarapacho

Drivers in Portugal please note!

SIR, There is construction going on, on Av. Saboia in Monte Estoril. There is a street that comes up the hill to Av. Saboia and there are three signs, one by the Farmacia that says you can not go through for 200 metres, another one at the taylor's shop that shows it is a dead end, and another one 20 metres later that says 'Residents Only'.

I can see why there are so many accidents in Portugal because no one looks at the signs. I have been

going down the intersection for the last three days with my green vest for three hours each day directing traffic and helping drivers [so as] not get a jam by going up the hill and having to turn around. This is a job that the police or the construction [company] should be doing, [because] in those three days [and] 9 hours, I have turned around over 500 cars that did not see any of the signs.

What happened to all the driving lessons that had to be taken to get their driver's license? Many people were grateful that I was there directing traffic, the police passed me and did not say a thing, it is totally amazing. Residents are tired of hearing horns [being] blown because the flow of traffic in the street has also changed direction now. It looks like that it is going to be another two weeks before that intersection will be open so those of you that know the area, pass the information to your friends, **read the signs**, that is what they are there for.

JEAN DANIEL, Monte Estoril

Please note: The link mentioned in Ron Lavery's letter of last week was missed off the end of his letter, it was: **YouTube - Evropa za 17 let - to se Vám nebude líbit**

The 6th largest weekly newspaper in Portugal

THE PORTUGAL News
Established 1977

Portuguese for Beginners

⇒ Match the numbers - on the left - and the letters - on the right - to write correct sentences. In each sentence use *é* or *está*. Follow the example below:

1.+ i) = A mala é pequena. A mala está aberta.

- | | |
|-------------------|-------------------------------|
| 1. A mala... | a) triste/ pobre |
| 2. O leite... | b) atrasado/ lento |
| 3. O carro... | c) doce/ no armário |
| 4. A garrafa... | d) branco/ frio |
| 5. A loja... | e) meigo/ doente |
| 6. O comboio... | f) internacional/interessante |
| 7. A empregada... | g) morna/ salgada |
| 8. O rapaz... | h) vazia/ transparente |
| 9. A sopa... | i) pequena/ aberta |
| 10. O mel... | j) cara/ comprida |
| 11. O quadro... | k) fechada/ grande |
| 12. A saia... | l) valioso/ bonito |
| 13. O gato... | m) rápido/ avariado |
| 14. A revista... | n) velho/ degradado |
| 15. O prédio... | o) simpática/ no restaurante |



LESSON 15

Verbs "SER" and "ESTAR" in the Present Simple.

⇒ Complete the sentences which follow with "estar" or "ser" in "Presente Simple do Indicativo":

1. A Maria _____ irmã do Sérgio. Eles e o pai _____ portugueses mas a mãe _____ italiana.
2. O pai do Rodrigo _____ médico e a mãe _____ secretária. O pai _____ no hospital e a mãe _____ no escritório. O Rodrigo _____ aluno e, neste momento, _____ na escola.
3. Os computadores _____ desligados.
4. Os bilhetes para o concerto _____ esgotados.
5. As paredes da sala de jantar _____ brancas.
6. Em Portugal, o café _____ muito forte.
7. A mesa número dois _____ reservada.
8. A marmelada _____ na cozinha.
9. A casa _____ perto da escola.
10. Os exercícios _____ simples.
11. As bolas _____ no quintal.
12. O chão _____ molhado.
13. A piscina _____ vazia.



Real estate rebound



After official figures revealed a fortnight ago that the Portuguese economy had emerged from a year-long recession, comes yet another sign that the country, despite constant claims to the contrary by experts, is firmly on the road to recovery.

Latest evidence of the country side-stepping what many 'experts' predicted would be a real estate crash, comes from the respected Global Property Guide. In its latest report published this week, it says that Portugal is one of only seven countries in the world to report increases in house prices for the second quarter of the year, while the building industry reported double-digit growth.

After a dismal end to last year and an even worse start to 2009, the Global Property Guide this week said that Portugal, along with a handful of other countries, had emerged from the house price slump.

This comes despite the fact that most countries suffered sharp house price falls from last year to the end of the second quarter of 2009, meaning the general situation across the globe remains negative. The Global Property Guide explains it uses price-changes after inflation, thereby attempting to give a more realistic picture than the (more upbeat) nominal figures usually preferred by real estate agents. After experiencing declines in 2008, house prices in Portugal, China, Australia, New Zealand, France, Sweden and Hong Kong rebounded during the latest reported quarter, Q2 2009.

These seven countries joined Israel, Switzerland, Indonesia and Norway (countries which recovered faster, that is, before Q2 2009) in the list of countries in recovery. "Average house

prices in the Algarve, Portugal, at €1,429 per square metre, were up by two percent during Q2 2009. House prices in Portugal as a whole rose 1.01 percent during Q2, and were down only 0.43 percent on the year to end-Q2 2009, compared to -7.24 percent during the year to end-Q2 2008. New construction orders in Portugal increased by a staggering 12.3 percent during Q2 2009.

In a related story, it has been revealed that property in Portugal remains the number one most searched for destination by Britons to buy a home abroad based on country page views, and property views, on homesoverseas.co.uk.

Portugal property enquiries have increased month-on-month since the beginning of 2009, having started the year as the fourth most searched for destination to buy a property overseas.

The website states that "in spite of the global economic downturn, enquiries for properties overseas for sale remain firm, confirming the desire amongst Britons to own a home abroad remains as popular as ever."

Explaining the shift towards Portugal by Britons looking to purchase a home abroad, homesoverseas.co.uk said that Spain's woes, such as a string of property scandals, corruption, oversupply of housing, and dodgy legislation, such as Valencia's 'land grab' law - has led people to look for property in neighbouring Portugal.



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PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 5 Sep 2009

PROPERTY OF THE WEEK

Four bed villa in Vilamoura



Located in the old village of Vilamoura, this four bedroom villa is a cosy retreat within a cluster of homes surrounded by the Pinhal golf course.

As far as location goes, this property of the week is ideally situated in a quiet area of Vilamoura's old village, bordering the Oceânico Pinhal Golf Course. With beautiful first hand views of the golf course, this property is a great investment opportunity.

As one walks through the electric gates of the house on Norway street, a neatly kept garden, with a calçada stone walkway, welcomes its visitors.

Built on a 614m² plot, with 151 m² of covered area, this four bedroom villa is a haven for relaxation.

Through the front door to the right are both guest bedrooms. These rooms are of good size, have in-built wardrobes and they both share the same bath-

room, which is decorated with beautiful custom hand-painted tiles. The rooms' large windows allow them to soak in a lot of natural light, with blinds providing protection when the house is unoccupied. Straight ahead and to the left from the front door is the fully equipped kitchen. It has a serving hatch connecting to the dining room and possesses plenty of storage space with many cupboards and draws. A large window in front of the sink overlooks the garden of the house.

Out of the kitchen and to the left is a corridor leading to the remaining areas of the house. At the end of the corridor is the master bedroom. Large in size, this room is en-suite and has beautiful views of the golf

course.

The living and dining room are joined together in an enormous open space and the open fireplace will keep the room warm during the winter.

Sliding doors in the living room lead to the outdoor pool/barbeque area. The pool is very small, but there is enough space to build a larger sized one if required. It also has an outdoor shower. The barbeque area is equipped with a sink and a permanent stone barbeque, and is ideally positioned as the whole outside area is south facing, as a result it is sunlit all day long. The fourth bedroom is at the front of the house and is currently separated from the main living quarters, but can easily be connected by simply knocking down the far end dining room wall and fitting a doorway. This room is extremely large and is also an en suite.



The property possesses a one car garage as well.

This house has recently been reduced to €590,000, for more information on the property, please contact Vilagente on 289 314 486, email vilagente@mail.telepac.pt or visit their website www.vendavilla.com.



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Vilamoura

Apartment located in a private condominium composed of 1 bedroom, 1 bathroom, lounge with dining area, kitchenette, storage & terrace. Communal swimming pool & garden area. Furnished & equipped. Construction area - 59 sq.m. Ref: A1341 Price: € 125,000



Vilamoura

Situated in a private condominium apartment composed of 2 bedrooms, 2 bathrooms, lounge w/ dining area, kitchen & 2 terraces. Storage & parking space in basement. Comm. sw. pool & garden area. Furnished & equip. Construction area - 133 sq.m. Ref: A1346 Price: € 260,000



Vilamoura

Villa composed of 2 bedrooms, 2 bathrooms, lounge w/ fireplace, dining room, kitchen, storage & terraces. Roof terrace and carport. Sw. pool & garden. Furnished & equipped. Golf view. Plot area - 725 sq.m. Constr. - 108 sq.m. Ref: V12633 Price: € 425,000



Vale do Lobo

Attractive Villa with spectacular sea view composed of 4 bedrooms, 5 bathrooms, lounge w/ fireplace, dining room, equipped kitchen, storage, laundry room & spacious terraces. BBQ, garage, sw. pool & garden. Plot area - 905 sqm. Constr. area - 291 sq.m. Ref: V12637 Price: £ 1.349,000



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VILAMOURA A92488

Fantastic 2 bedroom apartment near Marina & Faleia beach, approx. 10 mins walking. Condominium w/ communal garden & sw. pool. 124 sq.m. constr. area. Top quality finishes. Fitted kitchen. Surround sound sys. Central vacuum cleaning sys. Pre installation for A/C. Private parking space for 1 car & storage in basement. South facing w/ sea & pool views. Great potential for letting.

Price: € 299,000



VILAMOURA A92485

1 bedroom apartment on very quiet & residential area beside Pinhal Golf Course. 10 mins walk to Marina & beach. Complex w/ charming green areas, sw. pool & snack-bar. 50 sq.m. constr. area. Fully furnished & equipped. Recently refurbished. South facing w/ views overlooking the landscaped garden & pool area. Private parking & reception. Great investment. Excellent letting potential.

Price: €135,000



VILAMOURA A92500

Very well kept 1 bedroom apartment located on a complex with large green areas and communal swimming pool. Close to several golf courses. Lovely panoramic views over looking the Millenium Golf course. Fully fitted kitchen. Air conditioning. Private parking space for one car and one storage in the basement. Great investment opportunity. Good rental potential.

Price: €140,000



OLHOS DE ÁGUA EA92484

Brand new 2 bedroom apartments located on a lovely complex with communal garden, sw. pools & tennis court. Approx. 5 mins walk to beach. Near all amenities, supermarket, restaurants & coffee shops. Fully fitted kitchen. A/C. Private underground parking. Excellent letting potential.

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Near Fuzeta

Renovated 3 bedroom / 2 bathroom villa (124 m2) in excellent decorative order. Easy maintainable plot of 520 m2 with large parking area in cobble stone. Roof terrace enjoying sea views. Fully fenced, double glazing with PVC, solar system. Ref: LHV-1001 - Price: € 245,000



Altura

Brand new 4 bedroom / 3 bathroom villa of 147 m2 with garage of 19 m2. Light living room, spacious kitchen. 860 m2 of South-West facing plot. Quiet country side location. Landscaping of plot to be finished. Offers invited. Ref: LHV-1060 - Price: € 325,000



Tavira

Well-maintained 3 bedroom / 2 bathroom countryside villa (144 m2) with 8 x 4 heated swimming pool enjoying beautiful country views. Located 5 km from Tavira centre on a 1100 m2 plot with an abundance of fruit trees. Easy access. Ref: LHV-1055 - Price: € 360,000



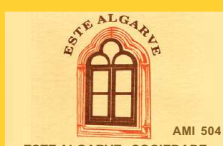
Sto. Estevão / Estirramentes

Tastefully renovated country side villa (126 m2) w/ large covered terrace of 44 m2 & annex of 37m2. Spacious living room, large rustic style kitchen, 3 bedrooms, 1 bathroom. 1597 m2 of land on an ideal location near Stº Estevão. Ref: LHV1048 - Price: € 380.000 (reduced from € 420.000)



Moncarapacho

Remarkable, South-facing quinta with 265 m2 covered area and large 12 x 5 swimming pool situated on a secluded plot 2 km from Moncarapacho centre. Sea views from 1st floor. Extensively landscaped gardens. Double garage. Ref: LHV-1059 - Price: € 495,000



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Maisonette Cabanas

Charming 1 bedroom maisonette (51,60 m2), covered terrace & roof terrace (21,10 m2) overlooking sw. pool area of a charming holiday complex w/ reception, access to sw. pools, tennis courts, green bowling, paddle tennis, transfer w/ boat to beach, within walking distance to Cabanas / beach. EA 056 MCAB - € 130,000



Property near Tavira

Interesting & charming property consisting of a comfortable 3 bedroom cottage w/ central heating & A/C, 4 independent studio accommodations, 4 shower rooms, 2 wooden houses, sw. pool & 12.419 m2 of attractive land, approx. 6 kms from Tavira. Ideal for various types of business. EA 078 PTAV - € 350,000



House Tavira

Charming old house, recently renovated in very good taste, in the heart of the historical centre of Tavira, with 1 bedroom, 2 bathrooms and mezzanine (ideal to be another bedroom), small closed-in patio. Total area of 59.26 m2m2. EA 071 HTAV - € 180,000



Vila Neighb. V. Nova Cacela

2 bedroom villa with double garage & approval to transform garage into 2 bedrooms & 1 bathroom (could be independent apartment) plus approval for sw. pool, on a plot of 440 m2, situated 3 kms from Manta Rota beach. To be sold furnished & equipped. EA 072 - VVNC - € 235,000



Bungalow - Cabanas

Charming 2 bedroom bungalow style house in need of a little bit of TLC, lovely garden area of 476 m2 mostly w/ lawn, palm trees & flowers, spacious roof terrace, within walking distance to shops, beach, golf course, 3 kms from Tavira. To be sold furnished & equipped. EA 073 BCAB - € 184,000

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Ref. A1211

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Ref. C1142

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Estói

- Lovely villa plus annex
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- Pool, barbecue, garden
- Villa 230+m² plot 2.300m²

Ref. V369

Price: € 475,000



Olhos d'Água

- Beautiful villa built 1991
- Well maintained by owner
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- Villa 250m² plot 1.200m²

Ref. V942

Price: € 449,000



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Ref 905 - Vila Nova de

Cacela - €85.000

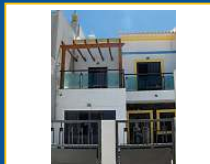
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bedrooms, lounge, kitchen
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front of the property.



Ref 906 - Manta Rota -

€150.000

Apartment w/ large private
roof terrace w/ BBQ close to
beach & facilities. Has 2 double
bedrooms w/ fitted cup-
boards, bathroom kitchen &
lounge. Great rental prop-
erty. Must be viewed.



Ref 888 - Vila Nova de

Cacela - €195.000

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Ref 884 - Cabanas -

€160.000

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veranda. The aptm. has space
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Ref 855 - Btwn Monte

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Vegetarian delights

Rocket

This peppery salad leaf has been popular with top restaurants for a good few years, costs a fortune in the shops - and yet is among the easiest of salad leaves to grow. It's available as wild rocket or in cultivated forms, and is great added to stir-fries and pasta dishes as well as salads. It can be grown almost anywhere, even in a small container, and picked for much of the year if you give it some protection in winter. Like other salad leaves, rocket can be grown in rows in the vegetable plot and will thrive in moist but well-drained soil.

You can sow seeds from February to September, in northern Portugal they may need protecting with cloches in the cooler months. Sow them thinly, spacing them out as evenly as possible and cover the seed lightly with soil. Keep cutting the leaves and they should come back again, and ensure a continuous supply by making successive sowings throughout spring and summer. Keep the area weed-free and you should have rocket for many months. Choose a slow-bolting variety such as 'Apollo' or 'Skyrocket'.



Aubergine (Solanum melongena)

Aubergines like a warm climate and high humidity, so are ideally grown in a greenhouse or on a sheltered, sunny patio in containers. Yellow, black, white, red and purple-fruited cultivars are available but for the kitchen stick to F1 hybrid black-fruited types.

Sow seed indoors at temperatures of 21-30C and prick out into pots when the seedlings are around 5cm tall. Once they have reached the four-leaf stage (which will be earlier in a greenhouse), they can be put in their final position. If you decide to plant the aubergines outdoors, cover them with cloches or fleece to give them a good start and protect them from wind. However, planted outdoors they are unlikely to give as good a yield of fruit, and the fruits may be smaller.

In May, stake and tie in the plants as needed and remove the main tip/growing point when 30cm high. Feed with a high potash fertiliser once the third fruit has set (first fruit outside).



Ensure that indoor plants do not dry out as aubergines suffer from blossom end rot, although not as easily as tomatoes. Mist the foliage regularly with tepid water to discourage red spider mite and to help flower set.

When five or six fruits have set, remove any other flowers as plants are unlikely to be able to support any more fruit.

Cut each fruit from July onwards when they've grown about 15cm long and the skin surface is still shiny. Good varieties include 'Money-maker' and 'Rima'.

Red cabbage

It's one of my festive favourites, cooked with apples, onions, vinegar and sugar or mixed with cranberries and served alongside hearty rich meats such as venison, or simply with Christmas leftovers.

Red cabbages are grown like a summer cabbage, cutting in early autumn for cooking or late autumn for storing over winter. Good varieties include Red Drumhead, which produces solid, dark red heads, and Ruby Ball, an F1 hybrid which you can start cutting in late summer.

Seeds should be sown outdoors in March into ground which should have been prepared the previous autumn, with plenty of added compost or well-rotted manure if the soil is poor. They should be in a fairly sunny spot and you need to apply a general purpose fertiliser about a week before planting.

Thin the seedlings to about 8cm apart when they have five or six leaves and water them the day before moving to their permanent spot. Plant firmly and water thoroughly. Protect seedlings from birds, hoe regularly and water plants in dry weather. Feed them with a liquid feed when the heads start to mature. Red cabbages can be cut in October and stored by removing the outer leaves and placing in straw-lined boxes.



Top tips to... Avoid carrot fly

1. Hide carrot rows as crops in between onions, which will put them off the scent.
2. Surround plants with a 45cm (18in) high screen of polythene or fleece.
3. Sow seeds sparsely to avoid releasing the scent and make thinning unnecessary.

Three ways to ...

Keep crops weed-free

1. Use a hand fork to weed in between crops without damaging them. If you do it regularly, it should become less of a problem.
2. Place an organic mulch of straw around crops, which suppresses weed growth and also looks attractive.
3. For large areas, use landscape fabric or black plastic over the soil to block out light and plant crops in holes cut through it.



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News for parents

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.



Every parent dreads the moment when their children start asking awkward questions guaranteed to make them blush.

So it will come as little surprise that "Where do babies come from?" has topped a poll of awkward questions posed by children.

According to the UK Government-funded survey of 1,000 parents, 60% said they'd been asked about the facts of life, with a third admitting they direct their children elsewhere to avoid the embarrassing explanation.

Curious kids are also keen to know how rainbows form and what makes the sky blue, the poll revealed.

Some 80% of parents were stumped by their children's

questions, and around 10% of fathers admitted making up the answers.

One in five parents promised to answer when their kids were older.

The survey was commissioned by the Department for Business, Innovation and Skills as part of a campaign to promote the importance of science.

Visit the 'Science: So what? So everything' website to find out answers to the most common questions and get activity sheets for your child - see www.direct.gov.uk/sciencesowhat.

Children are being encouraged to switch off electronic gadgets and gizmos for an hour a day - by a power company.

The npower Climate Cops No Power Hour aims to keep kids of ages 7-12 entertained and thinking green over the summer holidays by getting them to switch off and try something new for an hour each day using no electricity.

Kids are encouraged to unplug computer games, put down the TV remote control and turn off the iPod speakers and instead discover fun things to do using nothing but their own energy and imagination.

Children's TV presenters Sam and Mark are working with npower to help kids think of interesting, environmentally-

friendly things to do. The duo star in four videos in which they think of ideas to keep busy during their No Power Hour.

The videos can be seen at www.npower.com/climatecops, which also features wall charts and stickers to monitor progress throughout the two weeks.

"Parents can relax knowing that for at least an hour every day the kids are active and amused - without breaking the bank," says Clare McDougall, director of education at npower. "Hopefully the project will help kids and parents to get green."

Website of the week:

www.babylifecheck.co.uk

A new interactive NHS website, Baby LifeCheck is designed to provide information and advice to parents of babies aged five to eight months about how keep them healthy, happy and safe. It guides parents through a set of simple multiple-choice questions, then

offers advice and reassurance on making the best decisions for their child. It covers topics including development, talking and playing, feeding, healthy teeth, safety, sleep routine, immunisations and being a parent. It also offers tips, videos and details of support organisations.

Three ways to...

stop a toddler tantrum

1. Make a fool of yourself without saying anything - your silly behaviour might snap him out of it.

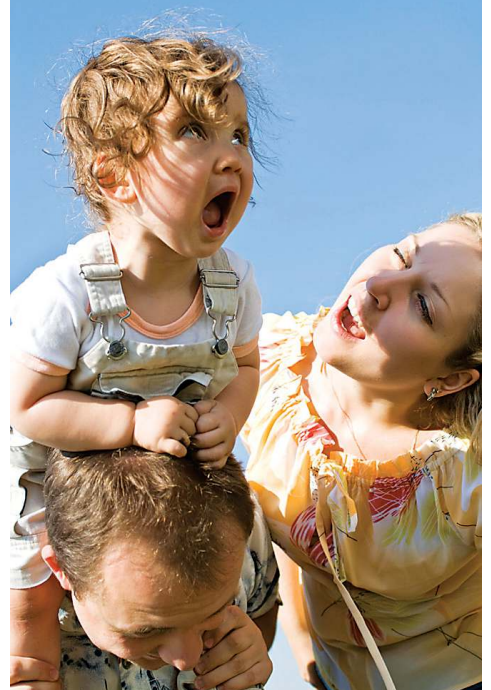
2. Hide - where you can still see your toddler, and after a short while jump out and say "Boo!"

3. If you see the beginnings of a tantrum, sit near your child and ask if something's

bothering him and if you can help. This will help him learn to work through problems.

2. Walk, cycle or catch a bus with them instead of travelling by car.

3. Get them to turn off lights, and always switch off electrical appliances when they've finished with them.



Ask the Expert

A: Dr Andrew Clark, a consultant in paediatric allergy at Addenbrooke's Hospital, Cambridge, says: "Peanut allergy affects nearly one in 50 children. Most accidental reactions are mild and infrequent, but severe reactions do occur, especially in teenagers and young adults.

"There is no treatment available which eliminates the allergy,

although it may resolve naturally in a few children.

"At Addenbrooke's Hospital we are studying a method used to treat other allergies known as desensitisation, which may provide hope of a cure. It involves taking tiny amounts of peanut by mouth every day and building the amount up over time - under strict supervision - until

a large amount is tolerated.

"Of course, this carries the risk of a reaction, but results so far are encouraging, and over time studies will tell us if this is safe.

"Long-term studies will answer the question of whether this method results in a permanent 'cure'. Other researchers are developing different methods

which may be better tolerated.

"It will be several years before these studies are completed and routine NHS treatment is available. Until then, the best protection is to be under the care of an allergist, who will provide expert advice on avoidance measures, backed up with an emergency treatment plan and training in the use of emergency medication."

Q: "My eight-year-old son is severely allergic to peanuts. Is there any hope of a cure?"

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Natural beauty

Lisa Haynes celebrates Organic Fortnight (5-20 September) with the best in natural beauty.

She may be the face of Estee Lauder with a bathroom cabinet brimming with free products but it's the kitchen cupboard Gwyneth Paltrow often raids for a natural beauty fix.

The actress recently confessed to covering her body in coffee, olive oil and honey to make her skin smooth, in what she dubs her "five-minute makeover".

Gwyneth joins the increasing number of UK consumers craving all-natural beauty. Last year sales of certified organic health and beauty products soared by almost 70% to £27 million (£34.69million), indicating that organic beauty has well and truly got the green light from shoppers.

"Increasingly consumers are extending their organic lifestyle choice beyond the food they eat to what they put on their skin," says Clio Turton of The Soil Association.

"Organic products are also increasingly available and perform just as well as their non-organic versions.

"The fact that supermarkets like Waitrose, Tesco and Sainsbury's have all launched ranges of their own brand organic products is testament to the growing popularity of organic beauty."

The Soil Association's Organic Fortnight, starting September 5, is the ideal time to dip your toe into organic waters and be a natural beauty.

Going organic

With organic the new buzz word in beauty, many companies are climbing aboard the green and natural bandwagon. But finding your organic fix isn't clear-cut.

Wild Organics range (www.wildorganicsbeauty.com).

Any company can label a product as organic even if they only contain tiny amounts of organic ingredients, so stay beauty-savvy, when you're picking up products marked 'natural'.

"In the EU, all food and drink must be certified as organic before it can be sold as organic, but this regulation does not extend to organic beauty products," Clio explains.

"As there is no legal definition as to what constitutes 'organic' beauty, products labelled as such may vary enormously in the organic content and the other ingredients they contain."

So if you're an organic beauty beginner, how do you know you're getting the real deal?

Check for the Soil Association stamp of approval. If a product carries their logo and is labelled 'organic', it must contain a minimum of 95% organic ingredients. If the description is 'made with organic ingredients' it must contain over 70%.

From September, consumers can also look out for the Cosmos standard - a new EU-wide standard for organic health and beauty products. Visit www.cosmos-standard.org

Green shopping basket

Although organic products have become more readily available on supermarket shelves, one



haircare; www.spieziaorganics.com for oils, balms and soaps, www.theorganicpharmacy.com for their Organic Glam cosmetics, and www.willowbeautyproducts.co.uk for luxury beautifully packaged organic gifts.

Jo Wood Organic Amka Bath Oil (www.jowoodorganics.com).

Beauty bulletin

• Foundation fears

Thought finding the right man was tricky? The average British woman tries seven different foundations before finding their perfect match, according to a new Bobbi Brown survey. We spend a fortune in the quest for foundation but 13% admit they still haven't found the right one.

Make-up artist Bobbi Brown says: "One of the most common errors women make when choosing a foundation is that they try to add colour to their skin - foundation is only there to even out skin tone."

• Because she's worth it

Cheryl Cole is going to run out of space in the profession box on her passport. The Girls Aloud singer and X Factor judge has been revealed as the new face of L'Oréal. The Geordie beauty will be flicking her locks for her first campaign to front hair product Elvive Full Restore 5, available in stores in September.

Cheryl says: "I have always wanted to say the iconic phrase, 'Because you're worth it' so to be given that opportunity is absolutely amazing."



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Protect your and their eyes

New research shows that 40% of Brits don't wear sunglasses when in the sun, potentially putting them at risk of cataracts or macular degeneration - both of which could lead to blindness. We take a look at why it's so important to protect your eyes - and why you should start right now whether you are at home or away.

Slathering on sunscreen before heading outside can help protect your skin from sun damage. But did you know that it's just as essential to don a pair of sunnies to protect your eyes?

If the answer is 'No', you're not alone. New research has found that a massive 40% of Brits don't wear sunglasses while in the sun, despite potential danger from the sun's harmful UVA and UVB rays.

Over three quarters of adults also risk the health of their children's eyes by exposing them to the sun, say leading optometrists. Keeping your eyes healthy, come rain or shine, is dead easy, say the experts. All it takes is a little knowledge and a good pair of sunglasses

to keep those UV rays at bay.

Sun risks

Though it brings smiles, a tan and flowers, the sun can also damage the lens and retina of the eye, increasing the risk of developing certain conditions such as cataracts in later life. That is because our eyes' cells and tissues absorb the sun's high-energy UV light. And the more light absorbed, the higher our risk of sun damage.

Just as we seek shade to protect our skin from the sun's powerful UV rays, so should we shade our eyes from its glare, say experts. "Sunglasses protect your eyes from exposure to UV light, which can lead to cataracts or macular degeneration, both of

which can cause blindness," explains Carolyn Zweig, an optometrist at Boots in the UK - the company behind the latest research.

"These diseases generally develop later in life, but exposure to UV light can also cause discolouration of the conjunctiva, the white part at the front of the eye. So it's really important to wear sunglasses when you are in the sunshine - especially for long periods."

While bright sunlight is the worst offender, even overcast skies can damage our eyes. "Reflected light from the sea, sun or snow is equally dangerous," she says. "You don't even have to be staring into the sky for damage to occur, just being in strong sunlight for prolonged periods of time can cause problems."

Excessive sun exposure can lead to age-related macular degeneration (AMD), which is the leading cause of vision loss for people over the age of 50 in the Western world. According to the College of

Optometrists, the professional, scientific and examining body for optometrists in the UK, AMD occurs when the delicate cells of the macula - the small, central part of the retina responsible for the centre of our field of vision - become damaged and stop working. Smoking and a high-fat diet can also increase one's chances of AMD, although the exact cause is unknown.

Too much time in the sun can also lead to cataracts, which are caused by a clouding of the lens. This cloudiness then gets in the way of light passing through the lens, causing misty or blurry vision.

Keep an eye on the kids

But it's not just adults who are risking their eyesight while soaking up the rays - they're risking their children's eyes too.

The College of Optometrists found that 76% of parents don't protect their kids' eyes in the sun.

The online poll of 2,000 adults found that while almost half (43%) limit their children's time in the sun and 76% of them apply sunscreen to their skin, buying sunglasses to provide protection for the eyes appears not to be a priority.

"I am shocked to see that so many parents aren't ensuring that their child's eyes are protected in the sun," says Dr Susan Blakeney, optometric adviser at The College of Optometrists. "According to the World Health Organisation, up to 80% of a person's exposure to UV rays occurs before the age of 18 - so it's especially important that parents make sure children wear sunglasses to minimise any long-term damage."

Nearly half (46%) of those parents who do buy sunglasses for their children worryingly put cost ahead of protection.

Parents from Northern Ireland appear to be the worst culprits, with just 14% claiming to make

sure their children wear sunglasses in the sun. Welsh parents, on the other hand, are the best eye guardians, with 55% buying sunglasses for their kids.

What to look for

Just like sunscreen, sunglasses have varying degrees of UV protection. Choosing the maximum available will ensure that both you and your children keep your eyes healthy far into the future, says Zweig.

"Look for a pair which both block 100% of UV rays and absorb most high-energy visible (HEV) radiation," she says. "Sunglasses with a large frame help to protect the eyes completely, and most can incorporate prescription lenses as well. If you're unsure, speak to your optician who can help you choose the best sunglasses for your needs."

Good sunglasses don't need to be expensive for them to protect well, says Dr Blakeney - you can (Cont'd. on next page)

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The sun can damage the lens and retina of the eye, increasing the risk of developing conditions such as cataracts in later life.

purchase perfectly adequate ones from high street stores. Check out deals, which means that you can get both yourself and your little one a pair of sunnies.

Also - look out for glasses carrying the CE mark as this shows that they meet European Safety Standards, or BS EN 1836:2005, the British standard which ensures sunglasses offer a safe level of UV protection.

The college of optometrists' top tips on maintaining healthy eyes

:: Protect yourself. Just like those with fair skin, people with light-coloured eyes should take particular note to wear sunglasses in the sun.

:: Protect the kids. Children don't yet know what 'normal' vision is, so parents should watch out for signs that they may have problems. These include instances where children's eyes appear not to work together, if they rub their eyes often or if they seem to shut one eye to see more clearly.

:: Be 'eye aware'. Check your vision in each eye separately - one at a time, and consult your optometrist if you notice any changes.

:: Beat the fog. Keep your (and your child's) sunnies in your bag with you at all times, because you never know when a cloudy day might turn into a bright one.

:: See the doctor. By visiting an optometrist regularly, you can be sure that any problems are detected early.

Kate Hodal

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SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easy

Medium

Hard

		4	7		9	8		
	2						9	
6	7						3	1
	4			5			8	
8			4		3			7
	1			9			4	
9	6						1	4
	3						5	
		2	5		1	9		

2			3		9			4
	9	4				2	7	
8								6
			1	9	3			
	7					6		
			7	6	4			
1							9	
	6	3				8	4	
7			8		5			2

7				8				4
			9		2			
		9		6		7		
	3		8		9		5	
	9	8				4	1	
	6		5		4		2	
		3		4		1		
			3		7			
8				9				5

CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.

Answers in next week's issue

Last weeks solution:

6	4	9	5	3	1	2	8	7
7	2	3	6	8	4	1	5	9
5	1	8	7	2	9	6	3	4
3	5	1	8	4	7	9	6	2
2	9	7	3	6	5	8	4	1
4	8	6	1	9	2	3	7	5
9	3	4	2	5	6	7	1	8
8	7	5	9	1	3	4	2	6
1	6	2	4	7	8	5	9	3

Welcome to our new puzzle page.

As you can see, we have included three difficulty levels for the ever popular **Sudoku**. Our **Codewords** have been especially compiled for us and are on the hard side, to give you more fun and satisfaction. The **Crossword** now carries a book token prize and we have taken on board that some of you found our previous clues a little obscure - this has now been addressed. The **Wordsearch** and **Spot the Difference** are further new additions for you to enjoy.

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Algarve Book Cellar PRIZE CROSSWORD

1	2		3		4		5		6		7
8							9				
10						11					
16											
20											
22											

ACROSS

- Accumulate (5)
- Salary (7)
- Delight (7)
- Squeeze (5)
- Frank (4)
- Cape (8)
- Dash (4)
- Payment in advance (4)
- Exactness (8)
- Saucy (4)
- Unsuitable (5)
- Ruin (7)
- Innate (7)
- Lock of hair (5)

DOWN

- Cluster (13)
- Proverb (5)
- Team (4)
- Vocalist (6)
- Cheeky (8)
- Raise (7)
- Drawbacks (13)
- Story-teller (8)
- Charm (7)
- Real (6)
- Banish (5)
- Condense (4)

A €10 Algarve Book Cellar book token will be awarded to the sender of the first correct solution. Solutions to: The Portugal News Crossword No. 1026, Apt. 13, 8401-901 Lagoa to arrive no later than next Tuesday. Please be sure to enclose your name, address and phone number.

WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.

Z	D	E	S	I	L	A	N	E	P	Y	X	O	X	M
E	E	C	E	N	I	A	L	P	M	O	C	F	Y	K
U	K	A	E	F	L	N	U	C	M	S	A	A	T	G
N	I	G	T	B	Y	A	W	A	E	D	I	H	O	A
E	L	G	N	L	P	I	U	O	F	N	E	E	V	U
V	A	N	A	T	R	O	P	S	N	A	R	T	I	T
E	K	I	R	C	N	I	Q	A	M	S	S	I	L	H
R	O	T	A	E	D	O	F	C	R	U	L	N	A	E
S	O	S	U	V	G	R	I	C	P	O	W	A	M	N
O	L	O	G	W	E	I	F	T	K	H	G	N	O	T
S	N	O	G	U	Q	Q	B	Y	I	T	S	L	U	I
U	T	B	J	B	R	O	I	E	P	D	F	Q	R	C
D	E	R	I	S	N	O	P	S	K	Z	N	T	A	H
L	L	A	B	T	O	O	F	D	H	D	S	O	G	W
E	T	N	E	M	E	L	P	P	U	S	E	U	C	D

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SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.



Answers Crossword Nº 1025

Across: 3 Unsavoury; 8 Roar; 9 Samaritan; 10 Absent; 11 Blend; 14 Demur; 15 Turn; 16 Eight; 18 Wind; 20 Amble; 21 Yearn; 24 Disown; 25 Interpret; 26 Knot; 27 Legendary.
Down: 1 Breakdown; 2 Parsimony; 4 Neat; 5 Avail; 6 Orient; 7 Real; 9 Snare; 11 Begin; 12 Dumbfound; 13 Indemnity; 17 Tacit; 19 Delete; 22 Rapid; 23 Once; 24 Dear.

Answers to
SPOT THE DIFFERENCE
in next week's issue

Cassie's Weekend



First I must just mention my punctuation mistake last week in my collar story—it was not the door frame in the house that bent but Sandy's neck as she hit the door frame with her huge Elizabethan collar!

We were at Estoril a couple of weekends back, my fourth visit to this show. Julie and the boys joined Cassie and I, thank you to them for taking me.

I do have a laugh when I take my dogs away. We stopped for a comfort stop en route to the Ibis, yes it was a forest lookalike area, but I did not give it enough thought at the time. So much, much later, I noticed at about 23.00pm that

night that Cassie now had black, white feet. I had spent so much time getting them white this was a shock. Luckily at the last moment I had added the white shampoo to my bag. So there I was on all fours with OES paws, all four of them, arranged in the shower (never very large places) for a shampoo and rinse. Then with much more giggling I had to persuade her to stand on the towel—which of course was white. (why are they always white??). Next, try and get the long tube like 'thing' off its cradle and reach Cassie's feet with it. It was an unbelievably noisy hairdryer for that time of night in a very full,

but quiet, Ibis. Cassie was bemused by it all but went along with her Mums strange requests. Finally I fell into bed and sleep only to be woken a couple of hours later by Cassie chasing her food bowl around the mock wood floor eating her tea—at about 03.00am. She lost the bowl under the bed so I had to rescue it!!

I was made instantly aware on Saturday just how 'spooked' Cassie had been by the lady Judge in Lisbon. Saturday she was very nervous with the male Judge but did settle. Following on from our Saturday ring visit some very kind OES breeders from Spain spent over 3 hours showing me exactly how Cassie should look in the ring. She did look stunning and many people commented on how different she was. However our Sunday visit to the ring was much, much worse. The Judge had a flash of very green hair and did look very similar to the one in Lisbon 4 weeks earlier. Cassie was like a bucking horse—I could not settle her, we had to leave the ring and then spend ages trying to calm her down. It was very upsetting and disappointing after all the work that goes into the logistics of getting to these shows. So—now I have to start again training her not to be frightened

of people. So if you see a very large grey and white Old English Sheepdog around the various towns, please come and say Hello as we need her to meet as many people as she can very fast!

Apart from that we had a lovely weekend, good company, some lovely meals, nice Hotel and Julie did all the driving so that was even better. Lewis did his first ring appearance in the Junior Handler class and did so well with our friend's Parson Terrier, Gambler. The plan had been for Cassie to be with Lewis. But, I am ever conscious of the fact that Lewis is just 10 and a half and Cassie is over 30kgs of OES—and after her mornings performance I could not trust her not to bolt from the ring!! So Lewis took Gambler, and did much better than his Nannie in the ring. Well done Lewis. We will solve Cassie's problems and then Lewis can take Cassie, she loves him and is so good for him—maybe Sunday she would have been OK but I am ever aware of danger—or potential danger.

Once again we were made so aware of the kindness of the show people, most especially the OES breeders, the Portuguese and now the Spanish—they were all so kind to us. Thank you to you all.

Jan Cobley
Paws 4 Pets 916 273 376
www.paws4pets.net

Here is a story...



Girl goes to town and sees two drug or drink addicts mistreating a puppy. They have two other dogs with them too. Girl says she wants to have the puppy and the addicts tell her 300 Euros. She offers them 200 E and goes to the multibanco. Girl buys puppy, takes it home to the apartment where she lives and then decides she doesn't have space for a St Bernard!

St Bernard puppy (if that is what he is?) is 4 weeks old, so I am told, has been dewormed and de-fleaded and is very cute, yes... BUT who wants him? I am not sure if this girl thinks she is going to get her money back but I know that she can't keep him and he will end up somewhere he is not wanted if she keeps him because he is cute NOW.

If you would like the puppy and you realise how big he is going to get, please call or e-mail Monica direct on: 962 383 210 mase@live.com.pt

www.the-news.net

Scruffts classes — time to get planning and training!

Scruffts is getting ever closer. This year it will be on Sunday 20th September and, again, we at Paws4Pets will sponsor it providing the prizes. One of our suppliers is sending staff out in order to present their own food for prizes this year.

The Vets from Clínica Veterinária Vilamoura will be on hand on the Paws4Pets stand to offer free advice and help with doggy worries.

At least 2 of our dogs will be at Scruffts, but not attending the classes—it depends on the space how many we can bring with us. I will actually get them all bathed and prepared and have to make a late decision.

So that you can all start planning the list of classes is below. Remember to bring along your vaccine certificates as the Vet will need to check that.

Please ring us with any questions. Jan Cobley Paws 4 Pets 916 273 376 www.paws4pets.net

The Classes available are listed below. The Judge will be Snr Pedro Albergaria.

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 6. Waggiest Tail - Mixed Breed
 7. Best Male - Pedigree
 8. Most Handsome Dog - Mixed breed
 9. Happiest Rescue dog - Mixed breed
 10. Best Female - Pedigree
 11. Prettiest Bitch - Mixed Breed
 12. Most Appealing Eyes - Mixed Breed
 13. Most Appealing Eyes - Pedigree
 14. Best Condition - Mixed Breed
 15. Judges Favourite Dog - Mixed Breed
 16. Best Condition - Pedigree
 17. Judges Favourite Dog - Pedigree
 18. Scruffts - best in show Pedigree
 19. Scruffts - best in show - Mixed Breed 20.
- Agility course—ongoing throughout the day

Hi There !



This is Victor: he is 6 months old, very gentle and social but his adoption is becoming urgent because he is growing and soon no one will consider adopting him at all. It is very difficult to rehoming male adult dogs so we are desperately looking for a home for him when he is still a big puppy. If you are interested, please contact us at: sesimbra.bianca@gmail.com or see more dogs at www.bianca.pt/english

Write to us if you would like to receive our monthly newsletter.

Bianca



BILLY is 4 years old, shy and timid, lovely nature. He will need care and attention. If you want Billy or know of anyone who does, please telephone Linda on 282 471 347, 914 767 958 or 919 368 726.

This is a lovely German Shepherd mix pup approximately 3 months old. He is at staying at the Goldra kennels.... If you would like to have him or know of anyone who can offer him a good home, please call 935432221



BETTY is 3 to 4 years old, she loves to walk and likes to be amongst trees, bushes, etc. She has a sweet nature and if you want to take her to your home, she will love you forever. If you want Betty or know of anyone who does, please telephone Linda on 282 471 347, 914 767 958 or 919 368 726.



This dog was found in the Monchique area last week. He arrived with very sore paws and the people who found him thought he had been walking for a long time to get like that. Now it seems his feet were burned, so they believe he was running through the fire that happened there last week near Arqueta. They have placed flyers all over the area, have been to the GNR and also taken him to the vet. He has been de-fleaded and de-ticked and is on antibiotics and cream for his paws. He is now beginning to walk a bit better. He is medium size, and white and beige. He likes other dogs and seems to be fine with children. He is calm and friendly. If you know his owner or would like to take him on, please e-mail Peter and Gaby on: quima@sapo.pt This is quite urgent as they cannot keep him and will have to travel away soon.

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Alberta - a jewel in Canada's crown

My lungs were on fire as I forced one foot in front of the other.

If exhaustion didn't get me, I wondered if a bear would. Not that I'd seen one on my hour-long hike through the Canadian wilderness, but I'd been given plenty of warnings.

The roar of a cascading stream to my left was a driving soundtrack as I forced myself on. At last I reached my destination: the source of the waterfall - a sheer stone wall, water bubbling through the gap at its base.

At first sight, the hike had seemed simple, later I realised we were 7,200 feet above sea level - little wonder I found it a struggle.

Based at Mount Engadine Lodge, half an hour's drive from one of Canada's most beautiful towns, Canmore, I was relieved

to see our hosts had bear spray ready to ward off unwanted gatecrashers.

Terrific food, a friendly atmosphere and views to die for made the lodge one of Alberta's best-kept secrets. It's off the beaten track, and the lack of TVs and phone reception leaves some guests feeling a little cut-off. But if you want a break from civilisation, this is the perfect retreat.

After two idyllic days of picture-postcard views, I headed for Rafter Six Ranch Resort, between Calgary and Banff, for a horse ride to remember.

This three-and-a-half-hour trek was not for the faint of heart, and with an often-difficult course over tricky terrain, it made for a memorable, albeit taxing experience. Experienced riders will love it.

My horse, Jake, did a terrific job - though guiding my equine friend up steep hills and through waterlogged glades was hard work. It took its toll on my back and muscles, so I was ready for some TLC when I reached picturesque Banff.

Thankfully for me and my saddle-sore companions, Red Earth Spa provided a welcome massage, the first of many on this trip. I spent the rest of my Alberta break at The Fox Hotel and Suites, a few minutes' walk from the spa. It is relatively new, with terrific rooms and facilities.

Two years ago I'd fallen in love with Fuze Finer Dining, which offered exquisite fusion food. To

my delight, it was even better than before, from the moreish bread rolls to my main course of sushi-style crab rolls and salmon in curry sauce.

Icefield Tours, around two hours' drive from the heart of Banff, offers an unforgettable helicopter ride over some of the world's most breathtaking scenery. While some marry there, or go hiking, I was keen to try heli-yoga.

Our guide Martha was a tribute to the power of yoga. She turned 50 that week, but could have passed for mid-30s. Taking exercise mats, a gourmet packed lunch and water, we were strapped into a helicopter and whisked off to the middle of nowhere.

The breathtaking journey over winding aquamarine lakes and a sea of trees framed by the monumental Rockies. We touched down in a deserted field to practise back arches, standing on one leg or 'saluting the sun'.

While having lunch by a babbling stream, I realised this was one of those rare trips which, unlike some of my yoga moves, was perfectly balanced. One minute you're enjoying the adrenaline rush of a helicopter ride, the next you're basking in one of the most peaceful spots on Earth.

Thanks to Martha's instructions, I alleviated my back pain and strengthened under-used muscles. It was one of the high points of my trip.

I then returned to one of the world's best hotels, Fairmont's Banff Springs. From my earlier visit, I knew their spa was outstanding, and it did not disappoint - this Rolls Royce of spas provides an unforgettable experience.

Of course, the problem with all that fresh air, exercise and pampering is that it's not long before you're hungry again. If you're peckish in Banff, The Bison Courtyard on Bear Street offers outstanding food that won't break the bank.

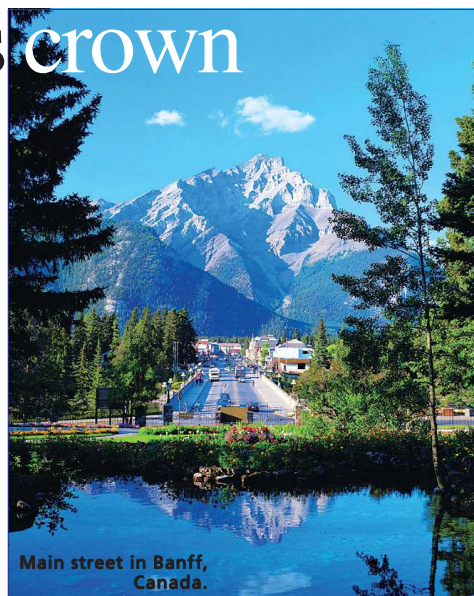
However, for fine dining, the cuisine at Sleeping Buffalo Dining Room is second to none.

The last day of any trip is usually a sad time, but thanks to a night flight I was able to test the zip line at Canada's Olympic Park in Calgary, having the unforgettable experience of sitting in a harness and rocketing down a wire at around 62mph.

Thrilling stuff, but if that leaves your muscles crying out, try RnR Wellness, also in Calgary - another extraordinary spa experience. My deep-tissue massage ironed out years of muscle problems.

At Calgary Airport, there was time to visit the Ora Oxygen Spa, which sounded like New Age hokum - but a 15-minute treatment and a foot massage left me so chilled, I enjoyed one of the most relaxed flights of my life.

After three visits to Alberta, my ongoing love affair with this jewel in the Canadian crown



Main street in Banff, Canada.

shows no sign of abating.

Travel facts

Roger Crow was a guest of Travel Alberta and BA Holidays, which currently offers seven-night fly-drive packages to Calgary from £814 pp (prices assume two sharing).

:: BA Holidays reservations: 00 44 (0)844 493 0758 or visit ba.com (£15pp surcharge for telephone bookings).

:: Destination information at: www.TravelAlberta.com

:: Useful websites: Mount Engadine Lodge (www.mountengadine.com); The Fox Hotel & Suites (www.bestofbanff.com); Rafter Six Ranch

(www.raftersix.com); Red Earth

Spa (www.redearthspa.com);

Fuze Finer Dining (www.fuzedining.com); Martha's Heli-

Hikes at (www.marthashelihikes.com); Ice Field Helicopter

(www.icefieldheli.com); Sleeping

Buffalo Dining Room (Rocky

Mountain Cuisine); Canadian

Rocky Mountain Resorts

(www.crmr.com); The Bison

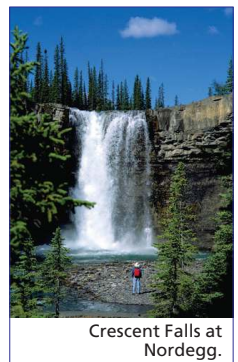
(www.thebison.ca); Willow

Stream Spa/Fairmont Banff

Springs (www.fairmont.com/banffsprings).

Roger Crow

(Past reviews can be seen on our travel website at: www.travel-the-news.net)



Crescent Falls at Nordegg.



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All prices are starting prices for return flights including airport taxes (ticketing fee is excluded, exact amount subject to confirmation).

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3 SEP-9 SEP

1 Igor
Animation PV
(10.45-12.50 Sat & Sun)
My Mom's New Boyfriend
Meg Ryan, Antonio Banderas
15.00-17.20-19.40-22.00 (00.20 Fri & Sat)

2
My Life in Ruins
Nia Vardalos, Richard Dreyfuss
16.35-18.55-21.10 (23.30 Fri & Sat)
Hannah Montana: The Movie
Miley Cyrus, Lucas Till PV
(11.00 Sat & Sun) 14.00

3
O Gato das Botas
Animation PV
(11.20 Sat & Sun)
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
14.35-17.00-19.20-21.40 (00.00 Fri & Sat)

4
Inglourious Basterds
Brad Pitt, Eli Roth
14.40-17.55-21.00 (00.10 Fri & Sat)
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
(11.25 Sat & Sun)

5
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
14.15-16.40-19.05-21.30 (00.15 Fri & Sat)

6
G.I. Joe: The Rise of Cobra
Channing Tatum, Dennis Quaid
(10.35 Sat & Sun) 13.20-16.00-18.40-21.20

Public Enemies
Johnny Depp, Christian Bale
(23.55 Fri & Sat)

7
Ice Age 3: Dawn of the Dinosaurs
Animation PV
(10.30 Sat & Sun) 13.00
The Ugly Truth
Katherine Heigl, Gerard Butler
15.05-17.20-19.35-21.50 (00.05 Fri & Sat)

8
Ponyo on the Cliff by the Sea
Animation PV
(11.10 Sat & Sun) 14.10
Blood: The Last Vampire
Gianna Jun, Allison Miller
19.10

The Proposal
Sandra Bullock, Ryan Reynolds
16.45

Passengers
Anne Hathaway, Patrick Wilson
21.15

The Hangover
Bradley Cooper, Ed Helms
(23.45 Fri & Sat)

9
Up - Animation PV
OV: (12.10 Sat & Sun) 14.20-21.25
PV: (10.00 Sat & Sun) 16.50-19.05
17 Again
Zac Efron, Matthew Perry
(23.50 Fri & Sat)

CASTELLO LOPES CINEMAS
ALGARVESHOPIPING
TEL: 707 220 220
3 SEP-9 SEP

1
The Ugly Truth
Katherine Heigl, Gerard Butler
13.10-16.00-18.40-21.45-00.05

2
Up - Animation PV
13.00-15.05-17.10-19.15-21.20-23.45

3
Up - Animation PV
13.50-16.05
My Life in Ruins
Nia Vardalos, Richard Dreyfuss
18.45-21.15-23.50

4
Public Enemies
Johnny Depp, Christian Bale
12.45-15.30-18.20-21.10-00.00

5
Passengers
Anne Hathaway, Patrick Wilson
13.40-16.20-18.35-21.05
Blood: The Last Vampire
Gianna Jun, Allison Miller
23.40

6
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
13.20-16.30-19.00-21.40-23.55

7
Inglourious Basterds
Brad Pitt, Eli Roth
12.40-15.35-18.30-21.25-00.20

8
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
13.30-16.10-18.50-21.30-00.10

9
Ponyo on the Cliff by the Sea
Animation PV
13.15-15.50
G.I. Joe: The Rise of Cobra
Channing Tatum, Dennis Quaid
18.25-21.00-23.30

CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220
3 SEP-9 SEP

1
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
12.50-15.40-18.40-21.40-00.20

2
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
13.00-15.50-18.50-21.50-00.10

3
My Life in Ruins
Nia Vardalos, Richard Dreyfuss
13.10-16.00-19.00-21.10

G.I. Joe: The Rise of Cobra
Channing Tatum, Dennis Quaid
23.45

4
The Ugly Truth
Katherine Heigl, Gerard Butler
13.20-16.10-19.10-22.00-00.15

5
Up - Animation PV
12.45-14.55-17.10-19.15-21.25
Inglourious Basterds
Brad Pitt, Eli Roth
23.55

6
Inglourious Basterds
Brad Pitt, Eli Roth
12.40-15.35-18.30-21.30

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The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
My Mom's New Boyfriend
Meg Ryan, Antonio Banderas
Ponyo on the Cliff by the Sea
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Blood: The Last Vampire
Gianna Jun, Allison Miller
The Ugly Truth
Katherine Heigl, Gerard Butler
Passengers
Anne Hathaway, Patrick Wilson
4 Copas
João Lagarto, Nuno Viriato
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G.I. Joe: The Rise of Cobra
Channing Tatum, Dennis Quaid
Public Enemies
Johnny Depp, Christian Bale
17 Again
Zac Efron, Matthew Perry
Hannah Montana: The Movie
Miley Cyrus, Lucas Till PV
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Virginia Madsen, Martin Donovan
The Proposal
Sandra Bullock, Ryan Reynolds
The Hangover
Bradley Cooper, Ed Helms

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The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
My Mom's New Boyfriend
Meg Ryan, Antonio Banderas
The Ex
Zach Braff, Jason Bateman
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Brad Pitt, Eli Roth
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Gianna Jun, Allison Miller
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Katherine Heigl, Gerard Butler
Passengers
Anne Hathaway, Patrick Wilson
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G.I. Joe: The Rise of Cobra
Channing Tatum, Dennis Quaid

Public Enemies
Johnny Depp, Christian Bale
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson

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Denzel Washington, John Travolta
Charlie Bartlett
Anton Yelchin, Robert Downey Jr
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Zac Efron, Matthew Perry
The Proposal
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Ice Age 3: Dawn of the Dinosaurs
Animation PV

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Meg Ryan, Antonio Banderas
Personal Enemies
Michelle Pfeiffer, Ashton Kutcher
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Brad Pitt, Eli Roth
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Nia Vardalos, Richard Dreyfuss
The Ugly Truth
Katherine Heigl, Gerard Butler
Synecdoche, New York
Philip Seymour Hoffman, Emily Watson
Up
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G.I. Joe: The Rise of Cobra
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Public Enemies
Johnny Depp, Christian Bale
Hannah Montana: The Movie
Miley Cyrus, Lucas Till
Two Lovers
Joaquin Phoenix, Gwyneth Paltrow
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The Proposal
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Ice Age 3: Dawn of the Dinosaurs
Animation OV
The Hangover
Bradley Cooper, Ed Helms

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G.I. Joe: The Rise of Cobra
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Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
The Proposal
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Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Hangover
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Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
My Mom's New Boyfriend
Meg Ryan, Antonio Banderas
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Johnny Depp, Christian Bale
17 Again
Zac Efron, Matthew Perry
Hannah Montana: The Movie
Miley Cyrus, Lucas Till

Two Lovers
Joaquin Phoenix, Gwyneth Paltrow
The Haunting in Connecticut
Virginia Madsen, Martin Donovan
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
The Proposal
Sandra Bullock, Ryan Reynolds
Brúno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV & OV
The Hangover
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Ghosts of Girlfriends Past
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My Mom's New Boyfriend
Meg Ryan, Antonio Banderas
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Brad Pitt, Eli Roth
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Two Lovers
Joaquin Phoenix, Gwyneth Paltrow
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
Ice Age 3: Dawn of the Dinosaurs
Animation PV

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The Ugly Truth
Katherine Heigl, Gerard Butler

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OV = English Version
PV = Portuguese Version

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The Ugly Truth
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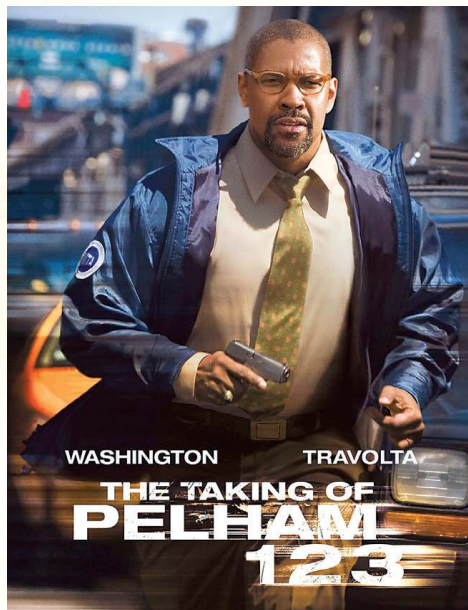
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
Inglourious Basterds
Brad Pitt, Eli Roth
Ponyo on the Cliff by the Sea
Animation PV
The Ugly Truth
Katherine Heigl, Gerard Butler
Up - Animation PV
G.I. Joe: The Rise of Cobra
Channing Tatum, Dennis Quaid
Hannah Montana: The Movie
Miley Cyrus, Lucas Till PV
The Proposal
Sandra Bullock, Ryan Reynolds
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Haunting in Connecticut
Virginia Madsen, Martin Donovan

LUSOMUNDO
NORTE SHOPPING
TEL: 707 246362
3 SEP-9 SEP

The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
Inglourious Basterds
Brad Pitt, Eli Roth
My Life in Ruins
Nia Vardalos, Richard Dreyfuss
The Ugly Truth
Katherine Heigl, Gerard Butler
Up - Animation PV
G.I. Joe: The Rise of Cobra
Channing Tatum, Dennis Quaid
Public Enemies
Johnny Depp, Christian Bale
17 Again
Zac Efron, Matthew Perry

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Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
My Mom's New Boyfriend
Meg Ryan, Antonio Banderas
Inglourious Basterds
Brad Pitt, Eli Roth
The Ugly Truth
Katherine Heigl, Gerard Butler
Passengers
Anne Hathaway, Patrick Wilson
4 Copas
João Lagarto, Nuno Viriato
Up - Animation PV
G.I. Joe: The Rise of Cobra
Channing Tatum, Dennis Quaid
Public Enemies
Johnny Depp, Christian Bale
17 Again
Zac Efron, Matthew Perry
Hannah Montana: The Movie
Miley Cyrus, Lucas Till PV
The Haunting in Connecticut
Virginia Madsen, Martin Donovan
The Proposal
Sandra Bullock, Ryan Reynolds
Ice Age 3: Dawn of the Dinosaurs
Animation PV
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola



The Taking of Pelham 123 is a thriller directed by Tony Scott, and starring Denzel Washington and John Travolta. The film is based on the novel of the same name by Morton Freedgood (writing under the pseudonym John Godey), and is a remake of the original 1974 film adaptation, which was also remade in 1998 as a TV movie.

In *The Taking of Pelham 123*, Denzel Washington stars as New York City subway dispatcher Walter Garber, whose ordinary day is thrown into chaos by an audacious crime: the hijacking of a subway train. John Travolta stars as Ryder, the criminal mastermind who, as leader of a highly-armed gang of four, threatens to execute the train's passengers unless a large ransom is paid within one hour. As the tension mounts beneath his feet, Garber



employs his vast knowledge of the subway system in a battle to outwit Ryder and save the hostages. But there's one riddle Garber can't solve: even if the thieves get the money, how can they possibly escape?



Charlie (Anton Yelchin), a wealthy, intelligent 17-year-old, has been kicked out of nearly every boarding school in town and is now enrolled in the local public high school, headed by the reluctant Principal Gardner (Robert Downey Jr.). Initially struggling to find a place in the new school, Charlie eventually establishes himself as the supportive listener who dispenses well-needed advice, and the occasional prescription, to mixed-up teens. As intuitive Charlie befriends and emotionally influences nearly every student at Western Summit High, the entire school begins to transform into a very different place.

CHARLIE BARTLETT



Ghosts of Girlfriends Past is a romantic comedy whose plot is based on Charles Dickens' *A Christmas Carol*. Stars Matthew McConaughey, Jennifer Garner, Michael Douglas and Emma Stone.

Celebrity photographer Connor Mead (Matthew McConaughey) loves freedom, fun and women... in that order.

A committed bachelor who thinks nothing of breaking up with multiple women on a conference call, Connor's mockery of romance proves a real buzz-kill for his kid brother, Paul

(Breckin Meyer), and a houseful of well wishers on the eve of Paul's wedding. Just when it looks like Connor may single-handedly ruin the wedding, he is visited by the ghosts of his former jilted girlfriends, who take him on a revealing and hilarious odyssey through his failed relationships - past, present and future.

GHOSTS OF GIRLFRIENDS PAST

Together they attempt to find out what turned Connor into such an insensitive jerk and whether there is still hope for him to find true love... or if he really is the lost cause everyone thinks he is.



From Nia Vardalos, writer and star of *My Big Fat Greek Wedding*, comes *My Life in Ruins*, a romantic comedy set amongst the ruins of ancient Greece starring Nia Vardalos, Richard Dreyfuss, Alexis Georgoulis and British comedy actor and impressionist Alistair McGowan.

Georgia (Nia Vardalos) has lost her kefi (Greek for "mojo"). Discouraged by her lack of direction in life, she works as a travel guide, leading a group of tourists as she tries to show them the beauty of her native Greece. As she steers the eclectic group of tourists through the grandest monuments of ancient civilization, Georgia learns that her clients are not the only ones who need to open their eyes to the wonders of the world.



Film Classification

The Taking of Pelham 123 - M/12
Ghosts of Girlfriends Past - M/12
Charlie Bartlett - M/12
My Mom's New Boyfriend - M/12
The Ex - M/12

Personal Effects - M/12
Ponyo on the Cliff by the Sea - M/6
Inglorious Basterds - M/16
My Life in Ruins - M/12
Blood: The Last Vampire - M/16
The Ugly Truth - M/12
Passengers - M/12

Up - M/6
G.I. Joe: The Rise of Cobra - M/12
Public Enemies - M/12
17 Again - M/12
Hannah Montana: The Movie - M/6
The Uninvited - M/12
The Proposal - M/12

M/4 - Suitable for audiences aged four years and over
M/6 - Suitable for audiences aged six years and over
M/12 - Suitable for audiences aged 12 years and over
M/16 - Suitable for audiences aged 16 years and over
M/18 - Suitable for audiences aged 18 years and over

HIGHLIGHTS

ALJEZUR - Beer Fest - Saturday, 5th September from 12h00 to 22h00 - Enjoy in good company: Brunch with Draught Beer, typical Bavarian white sausages, grilled sausages 'Bratwurst' the popular smoked and grilled sausages 'Kraukauer', Bavarian meatloaf 'Leberkäse', Smoked Pork with Sauerkraut with the side dish of your choice: Potato salad, Pretzel and/or house made Bread - Helga e Rolf Ratzow - SPA - Centro de Bem-estar e de Meditação Bioenergética HERO Aljezur - T. 282 998 971 - www.biomez-hero.com

FARO - September 26 - Concert by Madredeus & A Banda Cómica - Madredeus's new band and their new conception of music sung in Portuguese for large audiences, inspired by the wide range of traditions they put in their compositions popular music arrangements



from Europe, West Africa and Brazil - Teatro das Figuras - 21h30 - Tickets are €15 and €20 - 289 888 100 - www.teatromunicipalde Faro.pt



PERA - Until Oct 22 - FIESA 2009 - 'Discoveries' - VII International Sand Sculpture Festival - The greatest Sand City in the World - Snack Bar, Shops, Bungee Jumping, Daily Sand Sculpture Activities, Magical Nights of Sound and Light, Video projections from Making of - **Prices:** Adults: €8; Children from 6 to 12 years old: €4.5; Free up to 5 years old - Special conditions for groups: 969 459 259 / 61 or fiesa@prosandart.com - **Daily Agenda:** 10h-13h/16h-20h: Free Sand Sculpture Activities for all ages; 21h-24h: Video projections with documentary images of the construction of Fiesa2009; **Sunday to Thursday:** 19h-23h Street Arts and Circus Animation; **Friday:** 21h-24h Chill Out DJ Party Festival; **Saturday:** 21h-24h DJ Sir Aiva Chill Out, Nu-Jazz or Downtempo - **How to get there:** From the highway A22 exit 8 (Algoz/Perla); From EN125, at Pera follow directions - GPS 37°07' 43.35" N / 8°19' 56.04" W - Construction site on the road to Algoz - Open daily from 10h00 to 24h00 (from 22 Sep to 22 Oct open from 10h00 to 21h00) - 969 459 259 - www.fiesa.org

Not to miss: Demonstration of Sand Sculptures running until September 6 - FIESA is holding a workshop demonstration of Sand Sculpture in the presence of a professional sculptor who participated in the construction of the 7th edition of the Festival - A demonstration area will be open from 10h00 to 13h00 and from 16h00 to 20h00, with the permanent presence of the sculptor who will be shaping the sand and will simultaneously provide information to all visitors interested in the techniques and materials needed for this form of art.

ALBUFEIRA**SEPTEMBER 10, 11 & 12**

Albufeira Jazz Festival 2009 - Three nights for three concerts led by three great names of the north American Jazz world, Kirk Lightsey, Kevin Mahogany and Bobby Watson - 15 musicians will be on stage at the Câmara Municipal Auditorium - 289 599 500 - geral@cm-albufeira.pt

UNTIL SEPTEMBER 28

Fund Raising Exhibition - 20 paintings by the children of Pirlampos for sale to raise funds, of which 100% goes to the Pirlampos Childrens Home - also paintings by David Haines and Armada d'Eça of which 15% of all sales will also go to the childrens home - Donations of money and essentials, like tooth paste, soap, shampoo, rice etc. will be gratefully accepted - Municipal Art Gallery on the central square

ALMANCEL**SEPTEMBER 23 & 26**

September concerts - 23rd: Debra Fast (violin) & Sandro Ivo Bartoli (piano); **26th:** Sandro Ivo Bartoli (piano) - Centro Cultural São Lourenço - 289 395 475

UNTIL OCTOBER 1

Exhibition 'Covers and Narratives' by Carlos Barão - Centro Cultural São Lourenço - 289 395 475 - ccs@iol.pt

LAGOS**UNTIL SEPTEMBER 10**

Exhibition by Sylvain Bongard & Tara Cohen - Tile paintings & ceramic sculptures - Lagos' Regimental Armazém - From 11h00 - 23h00 - The Armazém Regimental is on Praça do Infante D. Henrique - 282 762 055

2ND SUNDAY OF THE MONTH

A Charity Shop with a difference set in the beautiful countryside of Monte Ruivo, Odiáxere - Nearly new clothes, many items for sale, cold drinks available - Lovely peaceful country walks - Call Bridget Hicks for directions on 282 687 334 (Lagos Animal Protection Society - LAPS)

LOULÉ**UNTIL SEPTEMBER 24**

Solo Exhibition 'Retratos Românticos' (Romantic Portraits) by Henrique Silva - Chá d'Arte - D. Pedro Square, g/floor n° 5-6 - 918 639 810

SOUTH**UNTIL OCTOBER 5**

Dance of the Bears - 'Evolution' The journey of ten thousand miles begins with the first step - The Dance of the Bears exhibition on a bear statue created by Karl Heinz with outstanding 3D artwork of 26 artists under the theme 'Evolution' - Blank 'canvases' (bears) will be on display for artists, spectators, students to express their view on the theme 'evolution'

MONCHIQUE**FROM SEP 6 TO OCT 9**

Collective Exhibition 'Magical Algarve' by Caroline da Costa, Christine Páris Montech, Cony Welcker, Corine Thion, Ernesto Mies, Peter de Jong and Rosário Mendes - Arte Algarve Gallery on the main square of Monchique - Tue-Fri 11h00-16h00

PADERNE**DAILY**

Exhibition at Galeria Corte-Real featuring paintings by John Lamonby and Paula Will - The gallery has also a collection of handmade ceramics - Thu-Sun: 11h-17h - Signposted from Ferreiras, Boliqueime & Pademe - 918 980 199 / 912 737 762

PERA**UNTIL OCT 22**

FIESA 2009 'Discoveries' the International Sand Sculpture Festival (See highlights left) - Construction site on road to Algoz - 10h00 to 24h00 (22 Sep to 22 Oct 10h00 to 21h00) - 969 459 259 - www.fiesa.org

PORTIMÃO**UNTIL SEPTEMBER 11**

Exhibition 'O Pintor Morreu' - EMARP - 8h30 to 17h00 - Rua José António Marques, 17 - 282 400 260

SILVES**SEPTEMBER 12**

Concert by Saraband Duo - Silves Cine-theatre Club, the old cinema, just above the Football Stadium - 21h30 - Entrance: €6 - 282 330 242

TAVIRA**SEPTEMBER 24 TO 27**

Tavira host Sport Zone Experience - After the greatest success of Sport Zone Island, Tavira will get ready to receive another 4,000 participants for Sport Zone Experience. This time with new activities, workshops, demos, urban sports and the same magic - The Island of Tavira has become small for the many participants of Sports Island. More than 10,000 people tried to attend Sports Island last year, so, the organization thought to offer you ISM / Sports Experience - Like the Sports Island, this event is created to promote sport experiences in a special place with the same professionalism and quality - 927 514 836 - info@international-sports-meeting.com

NORTH**PORTO****DAILY**

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: € 2; Free for children under 12 - T. 220 120 214 - Av. da Boavista, 604-610 www.casadamusica.com

DAILY

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - to the park Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

UNTIL SEPTEMBER 20

Exhibition Serralves 2009: The Collection 20ANOS10 - Serralves Museum on D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

OCTOBER 22

La Traviata - La Traviata opera from Giuseppe Verdi - 21h30 - Coliseu do Porto on Rua Passos Manuel, 137 - T. 223 394 940 / 707 234 234 - See bottom of the page and www.coliseudoporto.pt

GUIMARÃES

The presentation of the new album 'Amália Hoje' opens the series 'The Soul Sings Out' and promises to be the highlight of the 4th birthday of Vila Flor Cultural Centre. The production by Nuno Gonçalves brings together three very distinct voices: Fernando Ribeiro from the group Moonspell, Paulo Praça from the group Plaza and Sónia Tavares from The Gift - Prices: €7.5 & €10 - Centro Cultural Vila Flor - Av. D. Afonso Henriques, 701 - 253 424 700 - www.ccvf.pt

QUI 17 / 22H00
CICLO CANTAR A ALMA
AMALIA HOJE
4º ANIVERSÁRIO DO CCVF

**CENTRE****CASCAIS****DAILY**

Cascais Cultural Centre - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

ESTORIL**DAILY**

Show 'Space Invaders' at the Arena Lounge - Also other shows, games, concerts and art - Casino Estoril - 214 667 700 - 214 825 400 - Info.estoril@estoril-sol.com

www.the-news.net**LISBON****DAILY**

Influxcontemporary is a new space dedicated to African Contemporary Art - Open Wed-Sat: 14h-19h - R. Fernando Vaz, 20B - 918 501 234 - www.influxcontemporary.com

DAILY

Pena Palace - The Palace dates back to 1839 - Visits info: Sintra City Hall on Largo Dr. Vergílio Horta - 219238500 - geral@cm-sintra.pt


Lisbon Summer Concerts
(Tickets: See details bottom page)


September 13 - Divino Sospiro Orchestra & L'Arpeggiata in the Centro Cultural de Belém opening concert - Main Auditorium - 19h00 - Tickets: €8 to €25 - **September 18 - Concert 'Crossing Borders' by the Portuguese Symphonic Orchestra** - Main Auditorium of Centro Cultural de Belém - 21h00 - Tickets: €5 to €12.5 - **September 28 - Green Day / 21st Century Breakdown Tour** - Pavilhão Atlântico - 20h00 - **October 10 - Diana Krall in Concert** - Jazz - Campo Pequeno - 22h00 - **October 30 - Backstreet Boys** - Pavilhão Atlântico - 21h00 - **October 31 & November 1 - Mariza in Concert** - in Fado Concert - Coliseu dos Recreios - 22h00

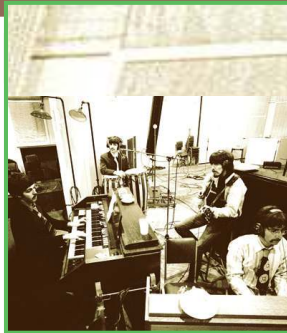


Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

BBC1

- 6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Eating in the Sun. (T) 12.00 BBC News; Weather. (T) 12.15 Football Focus. (T) 1.00 Live Darts: World Masters. Day two at the Bridlington Spa Royal Hall. (T) 4.30 My Family. (R) (T)
- 5.00 As Seen on TV. With Laurie Brett, James Fleet, Jodie Prenger and Clare Balding. Last in the series. (R) (T)
- 5.30 BBC News; Regional News; Weather. (T)
- 5.45 Walk on the Wild Side. Comedy wildlife show, with the guest voice of Richard E Grant. (T)
- 6.15 Weakest Link. Anne Robinson welcomes radio DJs Janice Long, Christian O'Connell, Rickie and Melvin, David Hamilton and Suzi Quatro to the general knowledge quiz. (T)
- 7.15 The National Lottery: Big 7. Nick Knowles and Mylene Klass present the 2009 National Lottery Awards, an annual search to find the UK's favourite lottery-funded projects. The hosts introduce a gala evening featuring a celebrity quiz with famous faces including Bruno Tonioli, Kirsty Gallacher, John Sergeant, Tom Daley, Fay Ripley, Stephen K Amos and Lisa Snowden. Plus, music by Peter Andre, David Gray and the Noisettes. Includes Lotto, Dream Number and Thunderball draws, hosted by Christopher Biggins. (T)
- 8.45 FILM: Pirates of the Caribbean: The Curse of the Black Pearl (2003). A rogue captain and a blacksmith set sail in pursuit of feared supernatural pirates. Swashbuckling adventure, starring Johnny Depp and Orlando Bloom. (T)
- 10.55 BBC News; Weather. (T) National Lottery Update. (T)
- 11.15 FILM: 16 Blocks (2006). Thriller, starring Bruce Willis. (T)
- 12.10 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 1.55 BBC News. (T)



BBC2

- 6.00 CBeebies: Me Too! (R) (T) 6.20 Balamory. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Eliot Kid. (R) (T) 7.10 Funky Fables. (R) (T) 7.25 Sportsround. (R) (T) 7.35 What's New Scooby-Doo? (R) (T) 7.55 Wolverine and the X-Men. (R) (T) 8.20 Eliot Kid. (R) (T) 8.30 Richard Hammond's Blast Lab. (T) 9.00 Skate Nation. (T) 10.00 My Almost Famous Family: Backstage. (R) (T) 10.30 The Legend of Dick & Dom; (R) (T) Diddy Dick & Dom. (R) (T) 11.00 The Story of Tracy Beaker. (R) (T) 11.30 Young Dracula. (R) (T) 12.00 BBC Switch: BBC Switch at Underage Festival 2009. (T) 12.30 FILM: BBC Switch: Confessions of a Teenage Drama Queen (2004). Teen drama, starring Lindsay Lohan. (T) 1.55 FILM: Stage Fright (1950). Hitchcock thriller, with Jane Wyman. (R) (T) (bw) 3.40 Sacred Music. (R) (T) 4.40 Planet Earth. (R) (T) 5.40 BBC Proms 2009. (T) 7.15 Dad's Army. Walmington's finest prepare for an official visit. (R) (T) 7.45 Timewatch: Beatermania. The story of the Beatles, who had by 1966 played more than 1,400 gigs and sold 200 million records. Featuring interviews with those who toured with them. Kicking off an evening of programmes as part of Beatles Week on BBC2 and BBC4. (R) (T) **8.35 The Beatles: On Record.** How the band developed their music over the years. (T) 9.35 The Beatles: The First US Visit. Documentary following the Fab Four's first tour of America. (T) 10.45 FILM: Help! (1965). Musical comedy, starring the Beatles. (T) 12.20 The Funny Side of TV Experts. (R) (T) 1.20 FILM: The Pumpkin Eater (1964). Drama, with Anne Bancroft and Peter Finch. (T) 3.05 FILM: Greetings (1968). Comedy drama, starring Robert De Niro. (T) 4.35 Close.

Pick of the Day

The Beatles: On Record (BBC2, 8.35pm)

Pop fans are a notoriously fickle lot, but there's one band that have never gone out of fashion — the Beatles. Okay, so Ringo Starr and Paul McCartney might not get ambushed in the street by crowds of screaming girls quite so often these days, but nearly 40 years after they hung up their collarless suits for good, the Merseyside combo remains one of the biggest and most influential groups in the world. Now, the BBC is paying tribute with a week of programmes devoted to the artists popularly known as the mop tops. No doubt along the way, we'll get to hear plenty of Beatle experts giving their opinions on what made the Fab Four so Fab, but this documentary gives us a chance to hear their story in their own words. Using rare audio and visual clips of McCartney, Starr, George Harrison, John Lennon and their legendary studio producer George Martin, it looks at how over the course of eight years the Beatles went from producing catchy, bouncy singles like Please Please Me to ambitious, technically groundbreaking albums such as Revolver and Sergeant Pepper's Lonely Hearts Club Band.

C4

- 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 World Sport. 7.30 Formula Ford Championship. 8.00 The Morning Line. (R) 8.55 T4: Yo Gabbia Gabbia. (T) 9.30 T4: Friends. (R) (T) 10.00 T4: Rockcrops 2009. (T) 10.20 T4: Friends. (R) (T) 10.55 T4: Big Brother Final. (R) (T) 12.00 T4: Big Brother Final. (R) (T) 1.10 T4: Friends. (R) (T) 1.45 Channel 4 Racing from Haydock Park, Kempton Park and Thirsk. Including the 3.40 Betfred Sprint Cup (6f). (T) 4.00 Come Dine with Me. (R) (T) 4.35 Come Dine with Me. (R) (T) 5.05 Come Dine with Me. (R) (T) 5.35 Come Dine with Me. (R) (T) 6.05 Come Dine with Me. (R) (T) 6.35 Channel 4 News. (T) 7.05 ER. Neela clashes with Dubenko on how to proceed with two surgical cases, and Brenner is given an insight into his painful childhood. Pariminder Nagra stars. (T) 8.05 ER. Morris and Brenner make an impact when they help out at a camp for children who have had open-heart surgery, while Dr Banfield's hopes of adoption are crushed. With Tom Arnold. (T) 9.00 FILM: World Trade Center (2006). Premiere. Oliver Stone's fact-based drama about two police officers trapped in the wreckage of the Twin Towers. Starring Nicolas Cage and Maria Bello. (T) 11.30 FILM: Hustle & Flow (2005). Premiere. Hip-hop drama, with Terrence Howard. (T) 1.40 FILM: Mean Creek (2004). Premiere. Drama, starring Roy Culkin. (T) 3.05 Soft. (R) (T) 3.20 Benefit Busters. A campaigner tries to persuade a man to return to work. Last in the series. (R) (T) 4.15 Scrapheap Challenge. (R) (T) 5.10 Countdown. (R) (T)

FIVE

- 6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jamm. (R) (T) 7.10 Milkshake! Music Box. (R) (T) 7.15 Elmo's World. (R) (T) 7.35 Mio Mao. (R) (T) 7.45 Hana's Helpline. (R) (T) 8.00 Olivia. (R) (T) 8.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) 8.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.50 What Makes Me Happy. (R) (T) 9.00 Roary the Racing Car. (R) (T) 9.15 Rupert Bear. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 The Grid. (T) 10.30 Mean Machines. (R) (T) 11.00 The Gadget Show. (R) (T) 12.00 Manufactures: Built from Disaster. (R) (T) 1.00 FILM: My Father, the Hero (1994). Comedy drama, starring Gerard Depardieu. (T) 2.40 Zoo Days Shorts. (R) (T) 2.50 FILM: The Big Heist (2001). Premiere. Fast-paced crime drama, starring Donald Sutherland. (T) 3.40 Five News. (T) 4.40 FILM: The Man Without a Face (1993). Drama, starring Mel Gibson. (T) 6.45 The Guardian. (T) 7.40 NCIS. A hunter finds the mummified body of a Navy lieutenant who was reported missing 10 years previously, the same day that \$1 million disappeared from his ship's safe. (R) (T) 8.35 CSI: Miami. Horatio and his men are drawn into a dangerous situation at a jeweller's shop while trying to track down kidnappers — and one of the team is killed in the line of duty. (R) (T) 9.35 CSI: Crime Scene Investigation. Part two of two. The hunt for the copcat serial killer continues. (R) (T) 10.35 Law & Order: Special Victims Unit. (T) 11.35 The Real CSI. (R) (T) 12.05 Quiz Call. 4.00 The FBI Files. (R) (T) 4.45 Rough Guide to Short Breaks. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

- 5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 Scratch 'n' Sniff's Den of Doom. (T) 10.10 Finger Tips. (R) (T) 10.30 The Crocodile Hunter Diaries. (R) (T) 11.30 FILM: Tobruk (1967). World War Two adventure, starring Rock Hudson. (T) 1.25 ITV News and Weather; Weather. (T) 1.30 Who Wants to Be a Millionaire? (R) (T) 2.30 FILM: Agatha Christie's Thirteen at Dinner (1985). Murder mystery, starring Peter Ustinov. (T) 4.15 London Tonight; Weather. (T) 4.30 ITV News and Weather. (T) 4.45 Live International Football. England v Slovenia (Kick-off 5.30pm). (T)
- 7.35 The X Factor. Simon Cowell, Cheryl Cole, Louis Walsh and Dannii Minogue give their verdicts on another batch of solo singers and groups auditioning in front of an audience of thousands. Dermot O'Leary meets the contestants as well as their friends and families backstage as more aspiring pop stars hope to follow in the footsteps of the talent show's biggest winner Leona Lewis and rising star Alexandra Burke. (T)
- 8.35 The Cube. Boxer JJ Bird from Peterborough and minibus driver Norman Bennett from Hove compete in the game show in which contestants must complete tasks within the confines of a large transparent cube, hoping to win the jackpot of #250,000. Each player has nine lives and must accomplish up to seven challenges, ranging from agility tests to skill trials. Hosted by Phillip Schofield. (T)
- 9.35 It'll Be Alright on the Night. Griff Rhys Jones presents a selection of unscripted moments featuring some of the nation's brightest TV stars. Shame-faced celebrities include Ant and Dec, Vernon Kay, Helen Mirren, Bradley Walsh and the casts of Coronation Street, Emmerdale and Heartbeat. (R) (T)
- 10.35 ITV News and Weather; Weather. (T)
- 10.50 International Football. England v Slovenia. Steve Rider introduces highlights of the friendly at Wembley Stadium, as both sides looked for a morale-boosting display prior to key games on Wednesday. Fabio Capello's side are close to securing qualification from their World Cup qualifying group, while the visitors are locked in a tight battle for a place in the finals with Slovakia, Northern Ireland and Poland. Commentary by Peter Drury and Andy Townsend. (T)
- 11.50 FILM: National Lampoon's Animal House (1978). Campus comedy, starring John Belushi; (T) ITV News Headlines.
- 1.40 FILM: Osmosis Jones (2001). Live action and animated comedy, with Bill Murray. (T) 3.20 Crossing Jordan. (R) (T) 4.05 ITV Nightscreen.

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LOCAL

- RTP1**
0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top 1545 Os Contemporâneos 1615 Rouxinol Fadochão 1715 Há Festa Em... 1900 Pai à Força 2000 News 2100 A Voz do Cidadão 2115 Frente a Frente 2200 Dá-me Música 2330 Carga Pesada 0015 The Tudors, series 0215 American Gun, film 0400 Telesales 0545 Euronews
- RTP2**
0700 Euronews 0800 África 7 Dias 0830 Notícias de Portugal 0900 Zig Zag 1230 The Cat Returns, film 1400 Pushing Daisies, series 1500 Sports 1900 Entre Pratos 1930 Bastiões 2000 Zig Zag 2100 Todi: A Segunda Morte de Luisa Aguiar 2155 A Hora da Sorte 2200 News 2240 Sing'in the Rain, film 0030 All About Eve, film 0230 Sports 0615 Euronews
- SIC**
0600 Etnias 0645 Sic Kids 0900 Disney Kids 1045 Tween Box 1200 Our World 1300 News 1400 Episódio Especial 1445 Film 1630 Film 1815 Film 2000 News 2130 Salve-se Quem Puder Famosos 2300 Camilo & Filho 2330 Caminho das Índias 0030 Jericho, series 0215 Quando o Telefone Toca
- TVI**
0700 Children TV 0915 Inspector Max 1030 Hannah Montana 1115 Deluxe 1215 Antevésio 1300 News 1400 Film 1600 Knight Rider 2008, series 1700 Morangos com Açúcar 1900 Football 2100 News 2145 Deixa Que Te Leve 2330 Flor do Mar 0030 Film 0215 Sempre a Soma 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

- BBC3**
7.00 The Real Hustle 7.15 Doctor Who's Greatest Moments: The Enemies 7.45 Merlin 8.30 Top Gear 9.35 Film: The Devil's Advocate 18 (1997) 11.50 Michael McIntyre's Comedy Roadshow 12.35 Family Guy 1.00 Family Guy 1.20 Film: Jump In! U (2007) 2.45 Don't Tell the Bride 3.40 Claire Richards: My Big Fat Wedding 4.35 We Are Klang 5.05 Close
- BBC4**
7.00 Only Connect 7.30 Wild Scotland 7.40 Film: Whisky Galore! U (1949) 9.00 Rory Bremner and the Fighting Scots 10.00 The Making of Culloden 10.30 Culloden 11.40 Black Watch: A Soldier's Story 12.40 The Battle That Made Britain 1.40 Rory Bremner and the Fighting Scots 2.40 Only Connect 3.10 The Making of Culloden 3.40 Close
- ITV2**
1.15 The Planet's Funniest Animals 1.45 Holiday Showdown 2.45 The Xtra Factor 3.45 Paris Hilton's Best American Friend Forever 4.45 Film: Innerspace PG (1987) 7.05 The Planet's Funniest Animals 7.35 Superhuman: Super Strong 8.35 The Xtra Factor 9.35 Film: Catwoman 12 (2004) 11.40 The X Factor 12.40 The Xtra Factor 1.45 Teleshopping 4.45 ITV2 Nightscreen
- Sky1**
1.00 Futurama 1.30 Futurama 2.00 Ops TV 2.30 Malcolm in the Middle 3.00 WWE: Smackdown 5.00 Grease: The School Musical 6.00

- Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 Futurama 7.30 Futurama 8.00 Noel's Are You Smarter Than a 10 Year Old? 9.00 Justin Lee Collins: Ballroom Dancer 10.00 Lie to Me 11.00 Lie to Me 12.00 One and Other 1.00 Bones 1.50 Night Cops 2.40 Road Wars 3.05 Angry Britain 4.00 Crash Test Dummies 4.55 Bite Size Brainiac 5.05 Are You Smarter Than a 10 Year Old?
- GOLD**
2.00 Only Fools and Horses 3.00 Only Fools and Horses 3.40 Only Fools and Horses 4.20 Only Fools and Horses 5.00 Only Fools and Horses 5.40 One Foot in the Grave 6.20 One Foot in the Grave 7.00 As Time Goes By 7.40 As Time Goes By 8.20 As Time Goes By 9.00 Jonathan Creek 10.20 Jonathan Creek 11.40 Live at the Apollo 12.50 A Bit of Fry and Laurie 1.25 A Bit of Fry and Laurie 2.05 The Green Green Grass 3.00 Close
- TCM**
1.00 Key Largo PG (1948) 3.00 This is Elvis PG (1981) 6.00 How the West Was Won PG (1962) 9.00 All the President's Men 15 (1976) 11.45 Westworld 15 (1973) 1.25 You're a Big Boy Now 15 (1967) 3.00 Teleshopping 5.00 Key Largo PG (1948)
- The Disney Channel**
Kids' programmes from 7am, except: 4.00 Film: Pixel Perfect PG (2004) Family comedy, starring Ricky Ullman.

MOVIES

Sky Movies Drama

- 6.30 Joan of Arc 15 (1999) 9.15 Love N' Dancing 12 (2008) 11.00 Phenomenon PG (1996) With John Travolta. 1.15 Gone Baby Gone 15 (2007) With Casey Affleck. 3.15 Beaches 15 (1988) With Betty Midler. 5.30 Dorian Gray Special 5.50 Dead Man Walking 15 (1995) With Susan Sarandon. 8.00 The American President 15 (1995) With Michael Douglas. 10.00 Gone Baby Gone 15 (2007) With Casey Affleck. 12.00 Brubaker 15 (1980) With Robert Redford. 2.15 Rumble Fish 18 (1983) With Matt Dillon. 4.00 Dorian Gray Special 4.20 Gideon PG (1999)

Sky Movies Comedy

- 6.00 Leatherheads PG (2008) 8.00 Death Becomes Her PG (1992) 9.50 Enchanted PG (2007) 11.45 Shrek the Third U (2007) With Mike Myers. 1.20 The Love Guru 12 (2008) With Mike Myers. 2.50 Police Academy 4: Citizens on Patrol PG (1987) With Steve Guttenberg. 4.20 Enchanted PG (2007) With Amy Adams. 6.20

- Shrek the Third U (2007) With Mike Myers. 8.00 The Love Guru 12 (2008) With Mike Myers. 9.30 Bowfinger 12 (1999) With Steve Martin. 11.10 Police Academy 4: Citizens on Patrol PG (1987) With Steve Guttenberg. 12.45 Death Becomes Her PG (1992) With Meryl Streep. 2.35 Bowfinger 12 (1999) With Steve Martin. 4.15 Leatherheads PG (2008)

Sky Movies Action/Thriller

- 6.10 Black Sunday 15 (1977) 8.45 Street Kings 15 (2008) 10.45 Jaws: The Revenge 12 (1987) 12.35 Black Sunday 15 (1977) With Robert Shaw. 3.10 The Mechanik 15 (2005) With Dolph Lundgren. 5.00 Street Kings 15 (2008) With Keanu Reeves. 7.00 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 9.00 The Mechanik 15 (2005) With Dolph Lundgren. 10.35 Wanted 18 (2008) With James McAvoy. 12.35 Mr Brooks 18 (2007) With Kevin Costner. 2.50 Metro 18 (1997) With Eddie Murphy. 4.50 Point Last Seen PG (1998)

SPORT

Sky Sports 1

- 6.00 International Cricket 8.00 Football League Weekend 9.00 Soccer AM 12.00 Live Football League. Charlton Athletic v Brentford (Kick-off 12.15pm). 2.30 Live International Football. Scotland v Macedonia (Kick-off 3.00pm). 5.25 Live Super League. Hull Kingston Rovers v Warrington Wolves (Kick-off 5.35pm). 7.25 Live International Football. Cyprus v Republic of Ireland (Kick-off 7.30pm). 9.25 Live International Football. Peru v Uruguay (Kick-off 9.30pm). 11.30 Live International Football. Paraguay v Bolivia (Kick-off 11.30pm). 1.30 Live International Football. Argentina v Brazil (Kick-off 1.30am). 3.30 Champions League Weekly 4.00 Tri-Nations International Rugby Union 5.30 Champions League Weekly

Sky Sports 2

- 6.00 Aerobics Oz Style 6.30 Super League 8.30 Live Rugby Union. Waikato v Hawke's Bay (Kick-off 8.35am). 10.30 Live Tri-Nations International Rugby Union. Australia v South Africa (Kick-off 11.00am). 1.00 US Open Tennis 4.00 Live US Open Tennis. Day six at Flushing Meadows. 12.00 Live US Open Tennis. Day six at Flushing Meadows in New York. 4.00 NFL: Total Access 5.00 Premier League World 5.30 World Sport

Sky Sports 3

- 6.00 Sports Unlimited 7.00 Friday Night Night 9.00 WWE: Smackdown 11.00 WWE: Bottom Line 12.00 World Sport 12.30 Live Pro40

- Cricket. Durham Dynamos v Essex Eagles. 6.30 WWE: Smackdown 8.30 WWE: Bottom Line 9.30 Extreme Championship Wrestling 10.30 WWE: Late Night - Smackdown 12.30 WWE: Late Night - Bottom Line 1.30 Max Power 2.30 Sports Unlimited 3.30 Watersports World 4.30 Wild Spirits 5.00 Ocean Adventures 5.30 IAAF Athletics Weekly

British Eurosport

- 7.30 Cycling: Vuelta a Espana 8.00 Athletics 9.30 World Rally Championship 10.00 Formula Two Championship 11.00 Live International Formula Master. Race one from Oschersleben in Germany. 12.00 US Open Tennis 2.15 Live World Touring Car Championship. The qualifying session in Oschersleben, Germany. 3.00 Live Cycling: Vuelta a Espana. Stage seven in Valencia. 4.45 Live US Open Tennis. Day six at Flushing Meadows. 1.00 Close

Sky Sports Xtra

- 6.00 Race World 7.00 Tight Lines 8.00 FIA GT Championship 9.00 Max Power 10.00 International Cricket 12.00 Live European Tour Golf. The European Masters. 4.00 Live Rugby Union. Western Province v Blue Bulls (Kick-off 4.05pm). 6.00 Tri-Nations International Rugby Union 7.30 World Sport 8.00 Golf Night 10.00 European Seniors Tour Golf 11.00 NFL: Total Access 12.00 Tri-Nations International Rugby Union 1.30 Golf Night 3.30 European Seniors Tour Golf 4.30 Max Power 5.30 Aerobics Oz Style

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6.00 Breakfast. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Country Tracks. (T) 12.00 BBC News. (T) 12.05 Ready Steady Cook. (R) (T) 12.50 'Allo 'Allo! (R) (T) 1.20 Keeping Up Appearances. (R) (T) 1.50 EastEnders. (T) 3.40 Murder, She Wrote. (R) (T) 4.30 The Green Green Grass. (R) (T)

5.00 Dom's on the Case. (R) (T)
5.30 Songs of Praise. Diane-Louise Jordan visits the London Borough of Southwark, once home to William Shakespeare and Charles Dickens. She meets comedian Jo Brand, who reveals her spiritual side. (T)

6.05 Seaside Rescue. Navy Rescue Helicopter 193 attends an emergency call for a seriously injured seaman - but the weather conditions are treacherous. Last in the series. (R) (T)

6.35 BBC News; Regional News; Weather. (T)

7.00 Countryfile. Julia Bradbury takes part in the annual hop harvest in Kent, and Jules Hudson meets a family that is putting the British apple back on the map. John Craven examines whether marine conservation zones can bring seabeds back to life, and Katie Knapman takes a trip down memory lane when she visits Time in the Inner Hebrides. Plus, Adam Henson harvests barley on the farm. Including Weather for the Week Ahead. (T)

8.00 Antiques Roadshow. Fiona Bruce and the team return to Southwell Minster in Nottinghamshire, where they examine a host of treasures including the earliest toy train in the programme's history and a pocketwatch created by Britain's finest watch-maker. Plus, an impressive valuation for a romantic painting. (R) (T)

9.00 Waking the Dead. New series. Part one of two. After a naked woman is found fleeing a car accident, she is taken to hospital and tests reveal her DNA is linked to a double murder in Sixties Soho. Boy discovers the victim, successful entrepreneur Elizabeth Andrews, has suffered a horrific attack at the hands of her abductors and he is led to her home, where a man presumed to be her husband is found hanged in the hallway. With a new murder as well as the cold case to solve, the team tries to connect the crimes, but a greater danger awaits Elizabeth in hospital. Drama, starring Trevor Eve and his real-life wife Sharon Maughan. Continues tomorrow. (T)

10.00 BBC News; Weather. (T)
10.20 Neil Diamond: Hot August Night. The singer performs in Madison Square Garden, New York City. Featuring hits including Sweet Caroline, I Am I Said and Forever in Blue Jeans. (T)

11.20 FILM: Art: Artificial Intelligence (2001). Sci-fi drama, starring Haley Joel Osment. (T)
1.40 The Sky at Night. (T) Weatherview. (T) 2.05 Sign Zone: Seaside Rescue. (R) (T) 2.35 Sign Zone: Holly City. (R) (T) 3.35 Sign Zone: Monty Halls' Great Escape. (R) (T) 4.35 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Balamory. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: 7.00 Uncle Max; (R) (T) Diddy Dick & Dom. (T) 7.15 ChuckleVision. (R) (T) 7.30 Da Dick and Dom Dairies. (R) (T) 8.00 Gimme a Break. (R) (T) 8.30 MI High. The team is assigned to protect the world's most famous monuments. (R) (T) 9.00 Undercover Dads. (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park: Wild on the West Coast. (R) (T) 12.30 Live MotoGP. The San Marino Grand Prix. (T) 2.00 Burghley Horse Trials. The show-jumping discipline. (T) 3.30 Live Darts: World Masters. The semi-finals and final. (T) 6.00 Coast. (R) (T) 7.00 Top Gear. Jeremy Clarkson, Richard Hammond and James May take three supercars across Europe in search of the continent's best roads. Helen Mirren is the Star in a Reasonably Priced Car. (R) (T) 8.00 Last Chance to See. New series. Stephen Fry searches for the Amazonian manatee. (T) 9.00 Dragons' Den: On Tour. New series. The business experts catch up with past participants. (T) 10.00 Hardcore Profits. Conclusion. Tim Samuels meets the 'Godfather of Porn' Larry Flynt, and investigates how a Catholic investment fund seems to be profiting from the pornography business. (T) 11.00 Shooting Stars. (R) (T) 11.30 Athletics. (T) 12.00 FILM: Babylon (1980). Drama, starring Bristley Forde. (T) 1.35 BBC News. (T) 4.35 The Super League Show. (T) 5.20 Close.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Pick of the Day

Joanna Lumley: Catwoman (ITV1 Granada, 7pm)

She's very much the cat's pyjamas, so Joanna Lumley is purr-fectly placed to front this intriguing exploration of our relationship with felines. The actress and animal lover is turning cat detective, to explore the unique relationship we have with our feline friends in a brand new, two-part series. ITV1 has exclusive access to Joanna as she embarks on her unique journey around the world to uncover the history of the cat. Joanna's travels include Egypt, Japan, Namibia, North America, Belize, Mexico, Belgium and the UK as she seeks to find out why cats stir such different responses in different cultures. And along the way she meets many people who have unique relationships with cats, both domestic and wild. At the beginning of her journey, Joanna explains her fascination with cats and the 18 year relationship she had with her beloved feline companion, The Bee. She sets off to examine the schizophrenic passions that cats have stirred in us for centuries, heading first for Leper in Belgium, to see the world's biggest cat festival. But there is a sinister side to the festivities, as they commemorate the medieval practice of torturing and killing cats suspected of witchcraft. Thankfully, it's only toy cats that get flung from the top of the town belfry these days.

C4

5.55 The Treacle People. (R) (T) 6.05 Sali Mali. (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 FIVB Beach Volleyball. (R) (T) 7.55 Rat Race Urban Adventure. (T) 8.25 The Track and Field Show. (T) 8.55 T4: Friends. (R) (T) 9.25 T4: Hollyoaks. (T) 12.00 T4: Big Brother's Little Brother. (T) 1.00 T4: Teen Choice Awards 2009. (T) 2.50 T4: Ugly Betty. (R) (T) 3.40 T4: The Simpsons. (R) (T) 4.10 T4: The Simpsons. (R) (T) 4.45 Deal or No Deal. (T) 5.30 Scrapheap Challenge. (T) 6.30 Channel 4 News. (T) 7.00 Atlantic Convoys: The War at Sea. Exploring how Allied convoys used cutting-edge technology to fight back against German U-boats in 1941. (T) 8.00 Come Dine with Me. Four amateur cooks from Croydon take up the culinary challenge, with the first party being hosted by a deer stalker who pursues and shoots his main course. (R) (T) 9.00 9/11: Phone Calls from the Towers. Exploring the telephone calls made by people trapped in the World Trade Centre during the terrorist attacks, revealing how they helped families come to terms with their loss. (T) 10.40 FILM: Lucky Number Sleev (2006). Crime thriller, starring Josh Hartnett. (T) 12.45 Movie Mahal: The Golden Age of Indian Cinema. Exploring Hindi cinema from the 1940s to the early 1960s. (T) 2.15 FILM: Mother India (1957). Indian musical epic, starring Nargis and Sunil Dutt. 5.15 Countdown. (R) (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Milkshake! Music Box. (R) (T) 7.10 Elmo's World. (R) (T) 7.30 Miao Mao. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.55 Olivia. (R) (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 8.30 Roobarb and Custard Too. (R) (T) 8.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.55 Bert and Ernie's Great Adventures. (R) (T) 9.00 Roary the Racing Car. (R) (T) 9.15 Rupert Bear. (R) (T) 9.30 Mr Men. (R) (T) 9.45 Mist: Sheepdog Tales. (R) (T) 10.00 Snobs. (R) (T) 10.30 Everybody Hates Chris. (R) (T) 11.00 Animal Rescue Squad. (R) (T) 11.25 FILM: A Man for All Seasons (1986). Historical drama, starring Paul Scofield and Robert Shaw. (T) 1.40 FILM: Around the World in 80 Days (1956). Period adventure, starring David Niven. (T) 5.00 Five News. (T) 5.05 FILM: Home Alone (1990). Family comedy, starring Macaulay Culkin. (T) 7.15 Cricket on Five. England v Australia. Mark Nicholas presents action from the second one-day of the seven-game series, held at Lord's. (T) 8.00 FILM: The Mask (1994). A timid bank clerk finds an ancient mask which gives its wearer superhuman powers. Comic-book comedy, starring Jim Carrey and Cameron Diaz. Including Five News Update. (T) 10.05 FILM: Stripes (1981). Two misfits join the Army, believing the modern military service is the equivalent of a luxury holiday. Comedy, starring Bill Murray and Harold Ramis. (T) 12.05 You're Nicked! (R) (T) 3.05 Athletics. 1.50 Cricket on Five. (R) 2.30 Summer X Games. (R) 3.20 Boxing Classic. 3.50 Boxing USA. 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Paz. 9.30 Captain Mack. (T) 9.45 Supernormal. 10.00 Tricky Quikies. (R) (T) 10.10 Coronation Street. (T) 12.25 ITV News and Weather. Weather. (T) 12.30 Animals Do the Funniest Things. (R) (T) 1.30 The X Factor. (R) (T) 2.30 FILM: Columbo: A Friend in Deed (1974). Crime drama, starring Peter Falk. (T) 4.30 Lewis. (R) (T)

6.30 London Tonight: Weather. (T)

6.45 ITV News and Weather. (T)

7.00 Joanna Lumley: Catwoman. Part one of two. The actor and campaigner travels the world to explore the history of cats in different cultures and mythology. Her first stop is the world's biggest cat festival in Belgium, before moving on to Cairo, where she learns about a feline goddess worshipped by the Egyptians. Joanna also meets a tailor in Japan who designs outfits for pets, discovers the origins of the Hello Kitty character and goes in search of jaguars in Mexico's Mayan jungle. (T)

8.00 Agatha Christie's Marple. New series. Julia McKenzie makes her debut as the sleuthing spinster, most recently played by Geraldine McEwan. When a business magnate, his wife and their maid are murdered, Miss Marple notices the circumstances surrounding the incidents vividly recall the nursery rhyme Sing a Song of Sixpence. She discovers the victims were part of a family tainted by secrets, and as she ponders the significance of the tune, a past scandal reveals itself. Murder mystery, also starring Prunella Scales, Matthew Macfadyen, Ralf Little, Rupert Graves, Helen Baxendale and Wendy Richard in her final dramatic role. (T)

10.00 ITV News and Weather; Weather. (T)

10.15 FILM: United 93 (2006). Premiere. Fact-based drama, about events on the fourth plane hijacked in the September 11 attacks in 2001. With Christian Clemenson and Trish Gates. (T)

12.05 Premiership Rugby Union. 1.00 Champions League Weekly. (T) 1.25 Kojak; (T) ITV News Headlines. 2.25 Countrywise. (R) (T) 2.50 Dog Rescue. (R) (T) 3.25 From Bin to Banquet: Tonight. (R) 3.40 ITV Nightscreen.

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LOCAL Best of the Rest

RTP1

0630 Children TV 0800 Bom Dia Portugal 1000 Mass 1100 Mudar de Vida 1130 Tarzan, film 1300 News 1415 Sô Vistô! 1515 Verão Total 1700 Dá-me Música 1900 Pui à Força 2000 News 2100 Jogo Duplo 2245 Hora do Sorteio: Sorteio do Joker 2300 You've Got Mail, film 0115 Redemption, film 0300 WRC: Australia Rally 0400 Teleales 0605 RTP2

0700 Euronews 0730 África @ Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nô 1045 Geração Cientista 1100 Da Terra ao Mar 1130 Consigo 1200 Vida Por Vida 1230 Nacional Geographic 1300 Geração Cientista 1315 Biosfera 1400 Iniciativa 1445 A Voz do Cidadão 1500 Sports 1900 Arte e Emoção 1930 Alma e a Gente 2000 The Simpsons 2100 World War II: Behind Closed Doors, documentary 2200 News 2240 Um Mundo Catita 0130 Onda Curta 0215 Biosfera 0300 Iniciativa 0345 Euronews

SIC
0630 Sic Kids 0900 Disney Kids 1045 Tween Box 1200 BBC World Life 1300 News 1400 Fama Show 1445 Film 1630 Film 1815 Film 2000 News 2100 Grande Reportagem SIC 2145 TGV: Todos Gostam do Verão 2330 Film 0215 Quando o Telefone Toca

TVI
0700 Children's TV 0915 Smackdown, wrestling 1015 Inspector Max 1115 Mass 1300 News 1345 Superleague Formula Estoril 1530 Film 1745 Film 2000 News 2130 Sentimentos 2300 Nasci Pra Carra 0045 House MD, series 0145 Sempre A Somar 0315 Film 0500 Teleales 0630 Todos Iguais

BBC3

7.00 Film: National Treasure PG (2004) 9.00 Harper's Island 9.40 Harper's Island 10.20 Family Guy 10.45 Family Guy 11.05 Harper's Island 11.45 Harper's Island 12.25 Tough Guy or Chicken? 1.25 Can I Get High Legally? 2.25 We Are Kiang 2.55 Virgin Cooks 3.50 Tough Guy or Chicken? 4.50 We Are Kiang 5.20 Close

BBC4

7.00 The No.1 Ladies' Detective Agency 8.00 Storyville - How the Beatles Rocked the Kremlin 9.00 The Beatles: On Record 10.00 Pop Britannia 11.00 Rich Man, Poor Man - Ben Dover Straightens 12.00 Rough Trade at the BBC 10.00 Do It Yourself: The Story of Rough Trade Records 2.30 Rich Man, Poor Man - Ben Dover Straightens 3.30 Close

ITV2

1.30 Who Wants to Be a Millionaire? Celebrity 2.30 The Xtra Factor 3.30 The Planet's Funniest Animals 4.00 Adam Sandler: The Hot Desk 4.10 Film: Vanity Fair PG (2004) 7.00 The X Factor 8.00 The Xtra Factor 9.00 What Katie Did Next 10.00 Film: Ocean's Eleven 12 (2001) 12.20 The Xtra Factor 1.25 Entourage 2.00 Teleshopping 5.00 ITV2 Nightscreen

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Sky1

1.30 Film: The Sorcerer's Apprentice PG (2001) 3.15 Film: The Librarian: The Curse of the Judas Chalice PG (2008) 5.00 The Simpsons 5.30 Futurama 6.00 Futurama 6.30 Futurama 7.00 Grease: The School Musical 8.00 The Simpsons 8.30 The Simpsons 9.00 House 10.00 Cold Case 11.00 Justin Lee Collins: Ballroom Dancer 12.00 Road Wars 1.00 Night Cops 1.50 Road Wars 2.40 Road Wars 3.05 Angry Britain 4.00 Crash Test Dummies 4.55 Bite Size Brainiac 5.05 Are You Smarter Than a 10 Year Old?

GOLD

1.35 Only Fools and Horses 2.15 Only Fools and Horses 2.55 Only Fools and Horses 3.35 The Green Green Grass 4.40 When Were We Funniest? 5.40 The Vicar of Dibley 6.20 The Vicar of Dibley 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 Jonathan Creek 10.20 Live at the Apollo 11.20 French and Saunders 12.15 A Bit of Fry and Laurie 12.55 A Bit of Fry and Laurie 1.35 A Bit of Fry and Laurie 2.10 When Were We Funniest? 3.00 Close

TCM

1.00 Adam's Rib U (1949) 3.00 The Stalking Moon PG (1968) 5.00 Bachelor in Paradise PG (1961) 7.05 Skyjacked PG (1972) 9.00 Soapdish 15 (1991) 10.55 Fame 15 (1980) 1.25 Going Home 18 (1971) 3.00 Teleshopping 5.00 Adam's Rib U (1949)

The Disney Channel

Kids' programmes from 7am, except: 1.45 Film: Camp Rock: Rock-a-long PG (2008) Musical comedy, starring Demi Lovato.

Sky Movies Drama

6.00 Daylight Robbery 15 (2007) 7.45 Imaginary Playmate 12 (2006) 9.20 Instinct 15 (1999) 11.30 The Sixth Sense 15 (1999) With Bruce Willis. 1.30 The Mexican 15 (2001) With Brad Pitt. 3.40 Amazing Grace PG (2006) With Ioan Gruffudd. 5.45 The Movie Geek 6.15 December Boys 12 (2007) With Daniel Radcliffe. 8.00 The Mexican 15 (2001) With Brad Pitt. 10.10 Elizabeth: The Golden Age 12 (2007) With Cate Blanchett. 12.10 Black Snake Moan 15 (2006) With Samuel L. Jackson. 2.10 Slap Shot 18 (1977) With Paul Newman. 4.20 The End of Eden PG (1996)

Sky Movies Comedy

6.15 The Santa Clause 3: The Escape Clause U (2006) 7.50 The Great Outdoors PG (1988) 9.25 Mr Woodcock 12 (2007) 11.00 Teen Wolf PG (1985) With Michael J. Fox. 12.35 Sex and the City 15 (2008) With Sarah Jessica Parker. 3.05 Houseinator PG (1991) With Steve Martin. 4.50 The Great Outdoors PG (1988) With Dan Aykroyd. 6.25

Teen Wolf PG (1985) With Michael J. Fox. 8.00 Sex and the City 15 (2008) With Sarah Jessica Parker. 10.30 Harold & Kumar Escape from Guantanamo Bay 18 (2008) With Kal Penn. 12.15 Houseinator PG (1991) With Steve Martin. 2.00 Mr Woodcock 12 (2007) With Billy Bob Thornton. 3.35 Harold & Kumar Escape from Guantanamo Bay 18 (2008) 5.20 The Santa Clause 3: The Escape Clause U (2006)

Sky Movies Action/Thriller

6.25 Orca: Killer Whale PG (1977) 8.10 Red Sonja 15 (1985) 9.55 Down 'n' Dirty 15 (2000) 11.50 Knight Rider 2000 12 (1991) With David Hasselhoff. 1.30 Chaos 15 (2005) With Jason Statham. 3.20 The Kingdom 15 (2007) With Jamie Foxx. 5.20 X-Men 12 (2000) With Hugh Jackman. 7.10 Knight Rider 2000 12 (1991) With David Hasselhoff. 9.00 Chaos 15 (2005) With Jason Statham. 10.50 X-Men 12 (2000) With Hugh Jackman. 12.40 The Glimmer Man 18 (1996) With Steven Seagal. 2.15 The Krays 18 (1990) With Gary Kemp. 4.15 Orca: Killer Whale PG (1977)



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SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 FIFA Futbol Mundial 7.00 Champions League Weekly 7.30 Tri-Nations International Rugby Union 9.00 The Sunday Supplement 10.00 Live International Cricket. England v Australia. 7.00 Live Masters Football. The Grand Final. 10.00 Premiership Rugby Union 11.30 International Cricket 1.30 Masters Football 3.40 World Sport 5.00 IAAF Athletix Weekly 5.30 Wild Spirits

Sky Sports 2

6.00 Watersports World 7.00 F3 Euroseries 8.00 Super League 10.00 Goals on Sunday 12.00 F3 Euroseries 1.00 Live Premiership Rugby Union. Northampton Saints v Worcester Warriors (Kick-off 1.15pm). 3.30 Live Premiership Rugby Union. Gloucester v Bath (Kick-off 3.30pm). 6.00 World Sport 6.30 F3 Euroseries 7.30 Wild Spirits 8.00 International Cricket 10.00 World Sport 10.30 Max Power 11.30 F3 Euroseries 12.30 Live NASCAR. The Pepsi Boys Auto 500. 4.30 Close

Sky Sports 3

6.00 Golf Night 8.00 European Seniors Tour Golf 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Wild Spirits 11.30 Racing News 12.00 Live European Tour Golf. The European Masters. 4.00 Live US Open Tennis. The seventh day's play at Flushing Meadows. 12.00 Live US Open Tennis. Further coverage of day seven. 4.00 Close

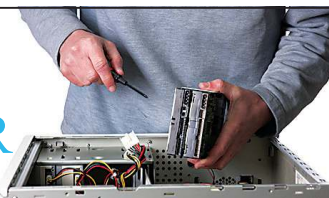
British Eurosport

7.30 MotoGP 8.00 Rallying 8.15 Live World Touring Car Championship. The warm-up session in Oschersleben, Germany. 8.45 World Rally Championship 9.15 Live World Superbikes. Race 11 from the Nurburgring in Germany. 11.45 Live World Touring Car Championship. Race one from Oschersleben in Germany. 12.30 Live Formula Two Championship. Race two from the Motorsport Arena Oschersleben in Germany. 1.30 Live World Touring Car Championship. Race two from Oschersleben in Germany. 2.45 Motorsports Weekend 3.00 Live Cycling: Vuelta a España. Stage eight between Alzira and Alto de Aitana. 4.45 Live Women's European Championship Football. The opening semi-final (Kick-off 5.00pm). 7.00 Live US Open Tennis. Day seven at Flushing Meadows. 12.30 Close

Sky Sports Xtra

6.00 Max Power 7.00 Powerboating 8.00 BMX Cycling 9.00 Show Jumping 10.00 Max Power 11.00 Super League 1.00 US Open Tennis 4.00 Champions League Weekly 4.30 World Sport 5.00 WWE: Experience 6.00 Show Jumping 7.00 Champions League Weekly 7.30 World Sport 8.00 Golf Night 10.00 European Seniors Tour Golf 11.00 WWE: Late Night - Afterburn 12.00 WWE Vintage Collection 1.00 Golf Night 3.00 European Seniors Tour Golf 4.00 Premiership Rugby Union 5.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 The Week We Went to War. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 Cowboy Trap. (T) 11.45 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Weakest Link. (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Kerwhizz. (R) (T) 3.25 CBBC: Bear Behaving Badly. (T) 3.30 Doodles. (R) (T) 4.05 Best of Friends. (R) (T) 4.35 M1 High. (T) 5.00 Newsround. (T)

5.15 Land Girls. New series. Five-part drama set during World War Two, following the lives and loves of four women who decide to serve their country by joining the Women's Land Army. Continues tomorrow. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)

7.30 Bang Goes the Theory. Jem Stansfield explains how helicopters work. Liz Bonnin puts brain-training devices to the test and Dallas Campbell investigates the new space entrepreneurs in California. (T) BBC News; Regional News. (T)
8.00 EastEnders. Sam's unexpected return rocks the Mitchell family and has heartbreaking results for Bianca when Ricky confronts his feelings for the two women. Meanwhile, a humiliated Tamwar is forced to come clean to Libby, and Lucas accompanies the police to the community centre, where there has been a break-in. (T)

8.30 Panorama. Declan Lawn reports on levels of pollution in Britain's coastal bathing waters, investigating how outflow pipes often discharge waste onto beaches. (T)

9.00 Waking the Dead. Part two of two. When Elizabeth Andrews' hospital visitor is also kidnapped, Boyd realises she is the key to the 1967 inquiry. The discovery that the hanged man is not Elizabeth's husband further complicates his investigation and highlights the disconnection between the cold case and the present abductions, before a visit to the hospital brings devastating news. Drama, starring Trevor Eve and Sue Johnston, with Sharon Maughan. (T)
10.00 BBC News. (T)

10.25 Regional News; Weather. (T)
10.35 Would I Lie to You? Comedians Jack Whitehall and Frankie Boyle. TV presenter Christine Bleakley and former Sun editor Kelvin MacKenzie join team captains David Mitchell and Lee Mack on the comedy panel show, in which they try to dupe their opponents with plausible lies about themselves. Presented by Bob Brydon. (T)
11.05 FILM: Match Point (2005). Crime drama, with Jonathan Rhys Meyers and Scarlett Johansson; (T) Weatherview. (T)

1.10 Sign Zone: Bang Goes the Theory. (R) (T) 1.40 Sign Zone: Wildest Dreams. (R) (T) 2.40 Sign Zone: The Haiky Bikers' Food Tour of Britain. (R) (T) 3.25 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Balamory. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Animals at Work. (R) (T) 8.00 Trapped. (R) (T) 8.30 CBeebies: LazyTown Extra. (R) (T) 8.40 Postman Pat. SDS. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Grandpa in My Pocket. (R) (T) 10.20 Yoko Jakamoko! Toto! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 FILM: Here Comes Mr Jordan (1941). Oscar-winning fantasy, starring Robert Montgomery. (T) (bw) 12.30 Working Lunch. (T) 1.00 Animal Park. (T) 1.30 Living in the Sun. (R) (T) 2.15 House Swap. (T) 3.00 Monk. (R) (T) 3.45 Flog It! (T) 4.30 Pointless. (T) 5.15 The Haiky Bikers' Food Tour of Britain. (R) 6.00 Egg-heads. (R) (T) 6.30 Trust Me, I'm a Dealer. (T) 7.00 A Garden in Snowdonia. Bodnant comes under threat from an oak disease. (T) 7.30 Saving Britain's Past. Tom Dyckhoff focuses on country houses. (T) 8.00 University Challenge. Imperial College London takes on Southampton. (T) 8.30 Caribbean Food Made Easy. Levi Roots spices up ocean-fresh mackerel on a Cornish beach. (T) 9.00 The Restaurant: The Winner's Story. The progress of Michele English and Russell Clement from series two. (T) 10.00 Muck the Week. With Holly Walsh and Stewart Francis. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Wire. (T) 12.20 BBC News. (T) 3.25 Close.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Pick of the Day

Land Girls (BBC1, 5.15pm)

We know what you're thinking: why is the BBC broadcasting a great drama packed full of stars at tea time? Why not put it on at primetime? If you're looking for answers to that question, then you've come to the wrong place, because we don't know either! Nevertheless, it's a great programme following the lives and loves of four young ladies who join the Women's Land Army following the start of World War Two, and is being shown as part of the 70th anniversary of the outbreak of the conflict. Liam Keelan, Controller, BBC Daytime, says: 'We hope to pay tribute, not only to the many lives that were lost in World War Two, but also to the land girls who played such an important role on the Home Front. We hope it will be seen by as wide an audience as possible.' In the first episode, the quartet - played by Christine Bottomley, Summer Strallen, Becci Gemmell and Jo Woodcock - meet for the first time when they begin work at Pasture Farm. Later, a local dance gives one of them a chance to get up close and personal with a local aristocrat. Sophie Ward, Nathaniel Parker and Mark Benton also star.

C4

6.00 The Treacle People. (R) (T) 6.10 Sali Mali. (T) 6.15 The Hoobs. (R) (T) 6.40 The Hoobs. (R) (T) 7.05 Everybody Loves Raymond. (R) (T) 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Year Dot Television. (T) Get Me the Producer and Freshly Squeezed Shorts. (R) (T) 10.35 Get Me the Producer. (R) (T) 11.25 Designers Under Pressure. (R) (T) 11.35 Teen Tycoons. (R) (T) 12.00 News at Noon. (T) 12.30 A Place by the Sea. (R) (T) 1.25 FILM: Secondhand Lions (2003). Family drama, starring Michael Caine and Robert Duvall. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (R) (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Super Super. (T) 8.00 Dispatches: Battle Scarred. Film-maker David Modell documents the lives of four soldiers who have been left with serious psychiatric problems as a result of their experiences in Iraq and Afghanistan. (T) 9.00/11:10/12:00 Minutes That Changed America. Joining together pieces of footage and audiotape recorded by people around New York to give an insight into their experience of the 9/11 attacks on the World Trade Centre. (T) 11.10 FILM: Straightheads (2007). Premiere. Thriller, starring Gillian Anderson. (T) 12.45 FILM: Andaz (1949). Romantic Indian musical drama, starring Dilip Kumar and Nargis. (bw) 3.25 The Playful Muse. (R) (T) 3.50 Loves Me, Loves Me Not. (R) (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.20 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Chiro. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Big School. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Bert and Ernie's Great Adventures. (R) (T) 7.10 Little Princess. (R) (T) 7.20 The Mr Men Show. (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Film and the Flowerots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Hansa's Helpline. (R) (T) 9.05 Roobarb and Custard Too. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 The Property List. (R) (T) 12.40 Five News. (T) 12.50 Game Fanger Diaries. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to Beaches. (R) (T) 3.05 The Family Recipe. (R) (T) 3.10 FILM: First Daughter (1999). Adventure, starring Mariel Hemingway. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Michaela's Animal Road Trip. (R) (T) 7.30 How Do They Do It? Robert Lewellyn discovers how fresh water is supplied to London homes, and visits California to witness the work of turbine operators at one of the world's largest wind farms. (R) (T) 7.30 Five News Update. (T) 8.00 The Gadget Show. Oris Deley and Suzi Perry modify a 20-year-old VW Golf; (T) 8.00 Five News at 9.00 Warship. Royal Marines on board HMS Bulwark take part in a field-gun run. (T) 10.00 America's Toughest Prisons. New series. Life inside Stateville Prison in Illinois. (T) 11.00 FILM: No Mercy (1986). Action thriller, starring Richard Gere. (T) 1.05 NASCAR. 2.00 Race and Rally UK. 2.50 Motorsport Mundial. 3.40 FILM Motorcross. (R) 4.20 FILM Motorcross. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Britain's Best Dish. New series. Mark Nicholas presents as the competition kicks off in the North West, with amateur cooks hoping to impress judges John Burton Race, Jilly Golden and Ed Baines and secure the £10,000 cash prize. Today's creations include popular British recipes for steak and ale pie and chicken tikka masala, as well as the more unusual black pudding curry, but only three contestants can go forward to Friday's regional final. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00

Emmerdale. Faye and Cain finally kiss after she takes him out for a drink as a peace offering. Mark is consumed by guilt at causing a rift in his family when Nathan decides to go away. Carl urges Chas to tell Paddy the truth about their one-night stand, and Sally displays a soft spot for Ashley. Meanwhile, Michael pleads with Debbie to give him another chance. (T)

7.30 Coronation Street. Lloyd finally tracks down Slug and holds him until Steve arrives. Molly agrees to help Jack inform Tyrone of his plan to move in with Connie, and Kevin schemes to see more of Molly. (T)

8.00 Gran Scammers Exposed: Tonight. (T)
8.30 Coronation Street. Becky forces the truth out of Slug, prompting Steve into a confrontation with the crooked DC Hooch. Jack finally demonstrates to Tyrone that Connie is not a gold-digger. Joe returns to the street after being sentenced to community service. Peter's new girlfriend is displeased by his insistence that Simon comes as part of the package. (T)

9.00 Blue Murder. New series. Caroline Quentin returns as detective and single mother Janine Lewis, who is struggling to balance family life with an investigation into the murder of a cheerleading coach. Initial suspicion falls on the victim's husband, whose bloodied clothes are found near the crime scene, but the discovery of an affair suggests someone else may have had a motive. Gueststarring Coronation Street's Chris Gascoyne. (T)

10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)

10.35 FILM: Rambo III (1988). Action adventure sequel, starring Sylvester Stallone. (T)

12.25 Nightwatch with Steve Scott: Emergency. (R) (T) ITV News Headlines. 1.20 Loose Women. (R) (T) 1.30 The Jeremy Kyle Show. (R) (T) 3.05 ITV Nightscreen.

LOCAL

RTP1
0630 Binda Da Portugal 1000 Festas das Vindimas 1300 News 1400 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Festas das Vindimas 1800 Portugal em Directo 1950 Preço Certo 2000 News 2100 Jogo Duplo 2200 Telear 2230 Prós e Contras 0100 Prison Break, series 0230 Amor e Intrigas 0400 Teleasas 0605 Euronews

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1800 O Fêdos Homens 1900 A Minha Sogra é uma Bruxa 1930 Zig Zag 2015 The Big Bang Theory, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 ER, series 2330 The Beatles in the Studio 0035 Para a Meia-Noite 0130 TBA 0230 Euronews 0515 Sociedade Civil

SIC
0600 Sic Notícias 0700 Sic Kids 0800 A Minha Família é uma Animação 0900 Twem Twem 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1515 Três Imãs 1600 Sic ao Vivo 1900 Tá a Querer 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2315 Caminho das Índias 0030 NCIS, series 0130 CSI: NY, series 0230 Quando o Telefone Toca

TVI
0100 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Casar? 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 House MD, series 0115 Harper's Island, series 0230 Sempre a Soma 0400 Law & Order: Special Victims Unit, series 0530 Teleasas

Best of the Rest

BBC3
7.00 Top Gear 8.00 Bizarre ER 8.30 Cleverly Stupid 9.00 Gavin & Stacey 9.30 We Are Kiang 10.00 EastEnders 10.30 Little Britain 11.00 Family Guy 11.20 Family Guy 11.45 Clever v Stupid 12.15 Gavin & Stacey 12.45 Bizarre ER 1.15 We Are Kiang 1.45 The Real Hustle on Holiday 2.15 Tony: I've Lost My Family 3.15 Make My Body Younger 4.15 Don't Tell the Bride 5.10 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 The Sky at Night 8.00 Michael Palin On 9.00 A Portrait of Scotland 10.30 Storyville - How the Beatles Rocked the Kremlin 11.30 Pop Britannia 12.30 How the Celts Saved Britain 1.30 How the Celts Saved Britain 2.30 The Sky at Night 3.00 A Portrait of Scotland 4.30 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 3.40 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Primeval 8.00 The Cube 9.00 Hall's Kitchen USA 10.00 Hell's Kitchen USA 11.00 Coronation Street 11.30 Coronation Street

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MOVIES

Sky Movies Drama

6.00 Breaking the Surface: The Greg Louganis Story 12 (1997)
7.40 The Legend of 1900 15 (1998)
9.50 What Dreams May Come 15 (1998)
11.50 Second Sight 12 (2007) With Lexa Doig. 1.20 The Movie Geek 1.50 Rendition 15 (2007) With Reese Witherspoon.
4.00 The Good German 15 (2006) With George Clooney. 6.00 Footloose 15 (1984) With Kevin Bacon. 8.00 Phenomenon PG (1996) With John Travolta. 10.10 Rendition 15 (2007) With Reese Witherspoon. 12.20 Body of Evidence 18 (1992) With Madonna. 2.05 Titus 18 (1999) With Anthony Hopkins. 4.05 Miracle on the 17th Green U (1999)

Sky Movies Comedy

7.00 Are We Done Yet? PG (2007)
8.45 Lucky You PG (2007)
10.55 Monty Python's The Meaning of Life 15 (1983)
12.45 Best in Show PG (1999) With Gerard Depardieu.
2.40 Liar, Liar 12 (1997) With Jim Carrey. 4.10 Welcome Home Roscoe Jenkins 12 (2008) With Martin Lawrence. 6.10 The

Bachelor 12 (1999) With Chris O'Donnell. 8.00 Green Card PG (1990) With Gerard Depardieu. 10.00 Liar, Liar 12 (1997) With Jim Carrey. 11.30 The Bachelor 12 (1999) With Chris O'Donnell. 1.15 Welcome Home Roscoe Jenkins 12 (2008) With Martin Lawrence. 3.15 Monty Python's The Meaning of Life 15 (1983) 5.05 King Ralph PG (1991)

Sky Movies Action/Thriller

6.00 Joe Kidd 15 (1972) 7.40 The Hand That Rocks the Cradle 15 (1992) 9.40 Spider-Man 3 12 (2007) 12.05 Butterfly on a Wheel 15 (2007) With Pierce Brosnan. 1.55 Joe Kidd 15 (1972) With Clint Eastwood. 3.35 Spider-Man 3 12 (2007) With Tobey Maguire. 6.00 The Hand That Rocks the Cradle 15 (1992) With Rebecca De Mornay. 8.00 Butterfly on a Wheel 15 (2007) With Pierce Brosnan. 9.40 The Top 10 Show 10.00 War 18 (2007) With Jet Li. 11.50 The Corruptor 18 (1999) With Chow Yun-Fat. 1.45 Sleepers 18 (1996) With Brad Pitt. 4.15 Airport 1975 PG (1974)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Champions League Weekly 9.30 Premiership Rugby Union 11.00 International Cricket 1.00 US Open Tennis 4.00 Live US Open Tennis. The eighth day's play at Flushing Meadows. 10.00 Time of Our Lives 11.00 Netbusters 11.30 Wild Spirits 12.00 Live US Open Tennis. Further coverage of day eight. 4.00 Netbusters 4.30 Max Power 5.30 FIFA Futbol Mundial

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Bottom Line 8.00 International Cricket 10.00 Show Jumping 11.00 Golf Night 1.00 Premiership Rugby Union 2.30 International Cricket 4.30 Live Pro40 Cricket. Sussex Sharks v Nottinghamshire Outlaws. 10.00 World Poker Tour 11.30 Soccer AM: The Best Bits 12.30 Time of Our Lives 1.30 Netbusters 2.00 FIFA Futbol Mundial 2.30 Sports Unlimited 3.30 Cliffhanger 4.30 Show Jumping 5.30 Close

Sky Sports 3

7.00 Premiership Rugby Union 8.30 NASCAR 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Ocean Adventures 12.30 NASCAR 3.00 Masters Football 6.00 Soccer AM: The Best Bits 7.00 Netbusters 7.30 Live Speedway. An Elite League meeting. 9.30 Netbusters 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE Vintage Collection 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Rallying 7.45 Live Snooker: Shanghai Masters. Day one at the Shanghai Grand Stage. 10.30 International Formula Master 11.30 World Rally Championship 12.00 US Open Tennis 3.00 Live Cycling: Vuelta a Espana. Stage nine between Alcoi and Xorret de Catí. 4.45 Eurogoals 5.00 Live Women's European Championship Football. The second semi-final (Kick-off 5.00pm). 7.00 Live US Open Tennis. Day eight at Flushing Meadows. 12.30 Rallying 12.45 Close

Sky Sports Xtra

2.00 Show Jumping 3.00 F3 Euroseries 4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 WWE: Raw 7.00 Sportnation 8.00 Cliffhanger 9.00 Soccer AM: The Best Bits 10.00 Show Jumping 11.00 Ocean Adventures 11.30 Sportnation 12.30 Speedway 2.30 World Poker Tour 4.00 Sportnation 5.00 Close

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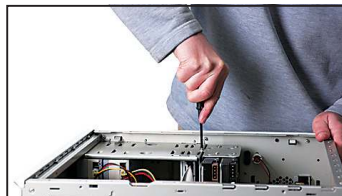


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⁽²⁾ Installation costs €40 per hour, but not available in every area.



BBC1

6.00 Breakfast. (T) 9.15 The Week We Went to War. (T) 10.00 Homes Under the Hammer. (T) BBC News. Weather. (T) 11.00 Cowboy Trap. (T) 11.45 Cash in the Attic. (T) BBC News. Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News. Weather. (T) 1.30 Regional News. Weather. (T) 1.45 Doctors. (T) 2.15 Weakest Link. (T) 3.00 BBC News. Weather. Regional News. (T) 3.05 CBeebies: Kewrhizz. (T) 3.25 CBBC: Bear Behaving Badly. (T) 3.50 Ooglies. (R) 4.05 Roar. (R) 4.35 Beat the Boss. (T) 5.00 Newsround. (T)

5.15 Land Girls. Annie and Billy track down the father of Bea's unborn child. (T)
6.00 BBC News. Weather. (T)
6.30 Regional News Programmes. Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)

7.30 EastEnders. Roxy is left out in the cold as the Mitchells close ranks to protect Sam, who is hiding out in the Vic, but Whitney encourages Bianca to report the fugitive to the police. (T) BBC News. Regional News. (T)
8.00 Holly City. Ric operates to save Maria's life, but the health of his colleague becomes a matter of internal politics. Jac is thrown into the deep end on Darwin in Connie's absence. (T)

9.00 Lost Land of the Volcano. New series. Scientists and wildlife film-makers led by Steve Backshall, George McGavin and Gordon Buchanan explore Mount Bosavi, a giant extinct volcano covered by thick and largely unexplored rainforest in New Guinea. With the help of trackers from a remote tribe, they search for rare creatures and species to find evidence that may help stop the area's trees being felled for timber. The nest of the world's smallest parrot, an unusual beetle and new types of frogs, geckos and bats are among the team's first discoveries. (T)

10.00 BBC News. Weather. (T)
10.25 The World's Strictest Parents. New series. Unruly British teenagers are sent to experience the parenting regimes of families across the world, beginning with the God-fearing Garnetts in Alabama. (T)

11.35 Film 2009 with Jonathan Ross. New series. In light of the release of culinary comedy Julie and Julia on Friday, the host questions why so few Hollywood films cater for an adult audience. Plus, reviews of dark period fantasy Dorian Gray, starring Ben Barnes and Colin Firth, and contemporary drama Fishkin, which won the Jury Prize at this year's Cannes Film Festival. (T)

12.05 FILM: K2 (1991). Mountaineering adventure, with Michael Biehn. (T) Weather. (T) 1.55 Sign Zone: See Hear. (R) (T) 2.25 Sign Zone: Rivers with Griff Rhys Jones. (R) (T) 3.25 Sign Zone: Neighbourhood Watch. (R) (T) 4.05 Sign Zone: The Haiky Bikers' Food Tour of Britain. (R) (T) 4.50 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Balamory. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Animals at Work. (R) (T) 8.00 Trapped. (R) (T) 8.30 CBeebies: LazyTown Extra. (R) (T) 8.40 Postman Pat: SDS. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Grandpa in My Pocket. (R) (T) 10.20 Yoko! Jakamoko! Toto! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 FILM: The Sky's the Limit. (1943). Romantic musical romantic comedy, starring Fred Astaire and Joan Leslie. (T) (bw) 12.30 Working Lunch. (T) 1.00 Animal Park. (T) 1.30 Living in the Sun. (R) (T) 2.15 House Swap. (T) 3.00 Monk. (R) (T) 3.45 Flog It! (T) 4.30 Pointless. (T) 5.15 The Haiky Bikers' Food Tour of Britain. (T) 6.00 Eggheads. (R) (T) 6.30 Trust Me, I'm a Dealer. (T) 7.00 Who Do You Think You Are? Patsy Kensit-Healy traces her ancestry. (R) (T) 8.00 Coast. The team journeys along Scotland's east coast between the English town of Berwick-upon-Tweed and Aberdeen, exploring a marine reserve near St Abbs and the famous Forth Road Bridge. (R) (T) 9.00 The Choir: Unsung Town. The South Oxhey singers display their talent in Hertfordshire. (T) 10.00 Mercury Prize

2009 - Live. Coverage of the award ceremony from London's Grosvenor House Hotel. (T) 12.00 Newsnight. (T) Weather. (T) 11.20 Last Chance to See. (R) (T) 12.20 BBC News. (T) 4.50 Close.

Pick of the Day

Mercury Prize 2009 - Live (BBC2, 10pm)

Unlike the eventual winner of The X Factor, whoever walks away with this year's Mercury Music Prize probably isn't guaranteed a Christmas number one and umpteen appearances in the tabloids. Previous victors are an eclectic bunch, ranging from Primal Scream, M People, Pulp, Dizzee Rascal and Arctic Monkeys, to the rather more low-profile Talvin Singh, Roni Size and Gomez. However, the judges do have an enviable track record when it comes to rewarding innovative new acts, and the prize remains one of the most prestigious in music. So, this year's nominees will no doubt be feeling tense as they descend on London's Grosvenor House to find out just who has won this year. The contenders include the likes of Bat for Lashes, Florence and the Machine, Friendly Fires, Glasvegas, Kasabian, La Roux, Led Bib, Lisa Hannigan, Speech Debelie, Sweet Billy Pilgrim, the Horrors and the Invisible. If you're feeling old because you've never heard of any of them, you can take some comfort in the fact the ceremony is being hosted by Jools Holland. Lauren Laverne presents the coverage, which includes clips of performances from all 12 acts.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Year Dot Television. (R) (T) Get Me the Producer. (R) (T) 10.05 Tricky Business. (R) (T) Freshly Squeezed Shorts. (R) (T) 10.35 Get Me the Producer. (R) (T) 11.25 Designers Under Pressure. (R) (T) 11.35 Teen Tycoons. (R) (T) 12.00 News at Noon. (T) 12.30 A Place by the Sea. (R) (T) 1.25 FILM: Jungle Book (1942). Adventure, starring Sabu. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (R) (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Super Super. (R) 8.00 River Cot. Gone Fishing. Hugh Fearnley-Whittingstall searches for alternative seafood. (R) (T) 9.00 Jamie's American Road Trip. The chef heads for Cody in Wyoming, where he samples pitchofork fondue and meets rancher Hip Tillet, who teaches him how to make Rocky Mountain Oysters. (T) 10.00 The Big Food Fight. New series. Hugh Fearnley-Whittingstall is challenged to a culinary quiz by a rival chef. (T) 10.35 The Real Housewives of New Jersey. (T) 11.35 Coming Up: Pornography. (T) (bw) 12.05 The Kevin Bishop Show. (R) (T) 12.35 Late Night Poker. 1.35 FIA GT Championship. (T) 2.00 Formula Ford Championship. (R) (T) 2.30 The Track and Field Show. (R) (T) 3.00 World Sport. (R) (T) 3.30 Freesports on 4. (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake! Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.20 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Chiro. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Big School. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Bert and Ernie's Great Adventures. (R) (T) 7.10 Little Princess. (R) (T) 7.20 The Mr Men Show. (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) Milkshake! Show Songs. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Hana's Helpline. (R) (T) Little Lodgers. (R) (T) 9.05 Roodbarb and Custard Too. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 The Property List. (R) (T) 12.40 Five News. (T) 12.50 Game Ranger Diaries. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to Cities. (R) (T) 3.05 The Family Recipe. (R) (T) 3.15 FILM: Our House (2006). Drama, starring Doris Roberts. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Among the Apes. (R) (T) 7.30 Monkey Life. Wildlife vet John Lewis tries to sedate excitable chimps. (R) (T) 7.30 Five News Update. (T) 8.00 Big, Bigger, Biggest. The Three Gorges Dam in China. (T) 8.00 Five News at 9.00 CSI: Miami. A kind-hearted reverend from a rough neighbourhood is buried alive. (T) 10.00 CSI: NY. The detectives investigate the death of a woman who was fooled into ingesting sodium hydroxide, and Stella puts her career on the line in pursuit of a shady Greek diplomat. (R) (T) Five News Update. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 The Guardian. (R) (T) 1.00 US Tour Golf. 1.55 European Seniors Tour Golf. 2.45 Indy Car Series. 3.35 ITU Triathlon. 4.25 Cricket on Five. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Britain's Best Dish. Ed Baines, Jilly Golden and John Burton Race judge more dishes from the North West region, including a delicate risotto and a chicken party favourite. Presented by Mark Nicholas. (T)

6.00 London Tonight. Weather. (T)
6.30 ITV Evening News. Weather. (T)
7.00 Emmerdale. Cain warns Michael to stay away from Debbie, Chas is overcome with guilt when Paddy returns from his course, and Faye and Cain continue to flirt. (T)

7.30 Grimefighters. A pest controller deals with an infestation of rats, an appalling 17th-floor flat is cleared and a council enforcement officer challenges residents about the state of their houses. (T)

8.00 Who Wants to Be a Millionaire? Celebrity. Heather Small and Mark Foster represent Barnardo's and the Anaphylaxis Campaign, before Steve Rider and Andy Townsend play for Scope and the George Collier Memorial Fund. (T)

9.00 The Fixer. Having retrieved the gun used in B's murder, Rose sets out to plant the evidence in a bid to secure Clinton's conviction. However, when the team's plans go awry, Mercer and Calum are left with no choice but to go back to where they first met - prison - and take out the man at the centre of it all. Andrew Buchanan stars as the former Special Forces man, with Mark Benton and Phil Davis featuring in the conclusion of this two-part story. (T)

10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 Cowboy Customers. Builder Nigel Gray reveals the human cost of patrons destroying small businesses by not paying for goods and services, and looks at why the law is failing to bring them to justice. (T)

11.35 In Plain Sight. New series. Mary McCormack stars as Mary Shannon, a US Marshal for the Witness Protection Programme who spends her time relocating federal witnesses. An investigation is launched when a mobster's son is killed while in police care. With Frederick Weller and Lesley Ann Warren. (T)

12.30 Nightwatch with Steve Scott: Emergency. (R) (T) 1.20 Premiership Rugby Union. (R) (T) 1.55 News Headlines. 2.15 Loose Women. (R) 3.05 The Jeremy Kyle Show. (R) (T) 4.00 ITV Nightscreen.

LOCAL Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Festas das Vindimas 1300 News 1415 Chamas da Vida 1500 Sanguê do Meu Sanguê 1600 Festas das Vindimas 1800 Portugal em Directo 1905 Preço Certo 2000 News 2045 Frente a Frente 2130 Jogo Duplo 2230 Telelural 2300 Serviço de Saúde 0015 Prison Break, series 0215 Amor e Intrigas 0415 Teleales 0605 Nós

RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 ArquiteArte 1945 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2200 News 2240 The Mentalist, series 2330 Bairro Alto 0030 5 Para a Minha Noite 0130 TBA 0230 Euronews 0515 Sociedade Civil

SIC

0600 Sic Notícias 0700 Sic Kids 0800 Tween Box 0915 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1515 Três Irmãs 1600 Sic ao Vivo 1900 Tãa Gravar 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2315 Caminho das Índias 0030 NCIS, series 0130 CSI: NY, series 0230 Quando o Telefone Toca
TVI
0700 Diário Da Manhã 1015 Você na TVI 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 Pride and Prejudice, film 0230 Sempre a Somar 0400 Law & Order: Special Victims Unit, series 0530 Teleales

BBC3

7.00 Top Gear 8.00 Virgin Cooks 9.00 Don't Tell the Bride 10.00 EastEnders 10.30 Underage and Pregnant 11.00 Family Guy 11.20 Family Guy 11.45 Don't Tell the Bride 12.45 Tough Guy or Chicken? 1.45 Underage and Pregnant 2.15 Virgin Cooks 3.15 Make My Body Younger 4.15 Tough Guy or Chicken? 5.10 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Tales from the Green Valley 8.00 A History of Scotland 9.00 Tweed Yarns 10.00 No Holds Barred 11.00 Tab C Nesbitt 11.30 Early Doors 12.00 Scotland's Music with Phil Cunningham 1.00 Pop Britannia 2.00 No Holds Barred 3.00 Tweed Yarns 4.00 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Primeval 8.00 What Katie Did Next 9.00 Film: Waterworld 12 (1995) 11.40 Film: Troy 15 (2004) 2.45 Emmerdale 3.05 Teleshopping 5.35 ITV2 Nightscreen

All the latest headlines at

www.the-news.net



Sky1

1.00 Don't Forget the Lyrics 2.00 Bones 3.00 Lie to Me 4.00 Malcolm in the Middle 4.30 Oops TV 5.00 Oops TV 5.30 Futurama 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 A Town Called Eureka 9.00 House 10.00 Justin Lee Collins: Ballroom Dancer 11.00 Law & Order 12.00 Cold Case 1.00 Bones 1.50 Road Wars 2.40 Stargate Atlantis 3.30 Stargate Atlantis 4.20 Don't Forget the Lyrics 5.10 Are You Smarter Than a 10 Year Old?

GOLD

1.00 Last of the Summer Wine 1.40 Open All Hours 2.20 The Green Green Grass 3.00 Stephe and Son 3.40 The Brittas Empire 4.20 As Time Goes By 5.00 As Time Goes By 5.40 My Family 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Open All Hours 8.20 The Green Green Grass 9.00 Only Fools and Horses 10.20 Absolutely Fabulous 11.00 Only Fools and Horses 12.15 Murder Most Horrid 12.55 Absolutely Fabulous 1.40 The Two Ronnies 2.30 Murder Most Horrid 3.00 Close

TCM

1.00 To Have and Have Not U (1944) 3.00 The Bobo PG (1967) 5.05 Rio Rita U (1942) 6.55 Five Days One Summer PG (1982) 9.00 Possession 12 (2002) 11.00 Alice Doesn't Live Here Anymore PG (1974) 1.10 Possession 12 (2002) 3.00 Teleshopping 5.00 To Have and Have Not U (1944)

The Disney Channel
Kids' programmes from 7am, except:

Sky Movies Drama

6.30 One True Thing 15 (1998) 8.40 The Sixth Sense 15 (1999) 10.30 Agnes of God 15 (1985) 12.15 And Justice for All 18 (1979) With Al Pacino. 2.15 The Other Boleyn Girl (2008) With Natalie Portman. 4.15 King of the Hill 15 (1993) With Jesse Bradford. 6.00 Jack PG (1996) With Robin Williams. 8.00 Indecent Proposal 15 (1993) With Demi Moore. 10.00 Deception 15 (2008) With Hugh Jackman. 11.50 Get Real 15 (1999) With Ben Silverstone. 1.50 North Dallas Forty 18 (1979) With Nick Nolte. 4.00 The Patron Saint of Liars PG (1997) 5.40 The Top 10 Show

Sky Movies Comedy

6.45 35MM 7.15 Kindergarten Cop 15 (1990) 9.15 Evan Almighty PG (2007) 11.00 Dan in Real Life PG (2007) With Steve Carell. 12.40 Family Show 1.10 American Pie 15 (1999) With Jason Biggs. 2.50 American Pie 2 15 (2001) With Jason Biggs. 4.40 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 6.20 Evan Almighty PG (2007) With Steve Carell. 8.00 American Pie 15 (1999) With Jason

Biggs. 9.45 American Pie 2 15 (2001) With Jason Biggs. 11.35 Dan in Real Life PG (2007) With Steve Carell. 1.20 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 3.00 Kindergarten Cop 15 (1999) With Arnold Schwarzenegger. 4.55 Firehouse Dog PG (2007)

Sky Movies Action/Thriller

6.10 White Sands 15 (1992) 8.10 Tick Tock 18 (2000) 9.55 The Terminator 15 (1984) 11.55 Indiana Jones and the Kingdom of the Crystal Skull 12 (2008) With Harrison Ford. 2.10 Next of Kin 15 (1989) With Patrick Swayze. 4.10 Zodiac 15 (2007) With Jake Gyllenhaal. 7.00 The Terminator 15 (1984) With Arnold Schwarzenegger. 9.00 Indiana Jones and the Kingdom of the Crystal Skull 12 (2008) With Harrison Ford. 11.05 Two Days in the Valley 18 (1996) With Danny Aiello. 12.55 Metro 18 (1997) With Eddie Murphy. 2.55 Perfect Stranger 15 (2007) With Halle Berry. 4.50 Point Last Seen PG (1998)

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SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Netbusters 9.30 Speedway 11.30 Soccer AM: The Best Bits 12.30 Netbusters 1.00 US Open Tennis 4.00 Live US Open Tennis. The ninth day's play at Flushing Meadows. 10.00 A-League 10.30 NFL: Total Access 11.30 Football Asia 12.00 Live US Open Tennis. The ninth day's play at Flushing Meadows. 4.00 Modern Pentathlon 5.00 Mountain Bike World 5.00 Football Asia

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Afterburn 8.00 Show Jumping 9.00 Ocean Adventures 9.30 Wild Spirits 10.00 World Poker Tour 11.30 Wild Spirits 12.00 Cliffhanger 1.00 Speedway 3.00 Soccer AM: The Best Bits 4.00 Netbusters 4.30 WWE: Smackdown 6.30 A-League 7.00 Live International Football, Republic of Ireland v South Africa (Kick-off 7.30pm). 10.00 Poker Million 12.00 International Football 1.30 A-League 2.00 NFL: Total Access 3.00 International Football 4.30 Close

Sky Sports 3

8.00 Cliffhanger 9.00 Bowls 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Ocean Adventures 12.30 World Poker Tour 2.00 Ocean Adventures 2.30 Bowls 4.30 Live Pro40 Cricket, Somerset Sabres v Essex Eagles. 10.00 Sports Unlimited 11.00 Modern Pentathlon 12.00 Bowls 2.00 Mountain Bike World 2.30 Close

British Eurosport

7.30 Rallying 7.45 Live Snooker: Shanghai Masters. Day two at the Shanghai Grand Stage. 10.30 World Superbikes 11.45 Rallying 12.00 US Open Tennis 1.00 Live Snooker: Shanghai Masters 3.00 Live Cycling: Vuelta a España 4.45 Live US Open Tennis. Day nine at Flushing Meadows. 12.30 Eurogoals Flash 12.40 Close

Sky Sports Xtra

2.00 Show Jumping 3.00 Cliffhanger 4.00 Ocean Adventures 4.30 NFL: Total Access 5.30 Mountain Bike World 6.00 Football Asia 6.30 Golf 8.00 Modern Pentathlon 9.00 Motorcycling 10.00 Pool 11.00 A-League 11.30 Golf 1.00 Motorcycling 2.00 Pool 3.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 The Week We Went to War. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 Cowboy Trap. (T) 11.45 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Weakest Link. (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Kerwhizz. (R) (T) 3.25 CBBC: Bear Behaving Badly. (T) 3.50 Oogies. (R) (T) 4.05 Wait for It! (T) 4.35 Animals at Work. (R) (T) 5.00 Newsround. (T)

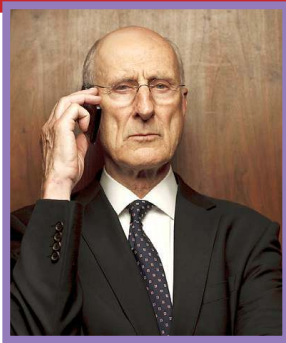
5.15 Land Girls. After three months, Annie is still struggling to come to terms with Harry's death, Nancy and Lawrence embark on a full-blown affair and Joyce faces a dilemma about her husband. Esther fears Nancy may be a Nazi collaborator and food rations officer Ernest Luckhurst arrives at Finch's farm intent on catching him out. Continues tomorrow. (T) BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Magazine show, featuring celebrity interviews and topical reports from across the UK. Presented by Adrian Chiles and Christine Bleakley. (T)

7.30 Nigel Slater's Simple Suppers. New series. Nigel Slater provides everyday cooking advice, preparing dishes that are uncomplicated and easy to remember, and encouraging viewers to grow their own fruit and vegetables. In the first instalment, recipes include chicken cakes with herb mayonnaise, free-form trifle with raspberries and custard, bean soup, goat's cheese on garlic toast and tidy Friday pan fry. (T) BBC News; Regional News. (T)

8.00 Trawlermen. New series. Documentary following the work of the UK's offshore fishermen. Askipper collapses in the wheelhouse but insists on continuing fishing, and a storm threatens a crew still mourning the loss of a shipmate at sea. (T) Motorway Cops: A Traffic Cops Special - Highway Robbery. Documentary following police in Birmingham as they tackle the rising problem of crime on the country's motorways. Two officers are involved in a high-speed chase which takes them into the city centre and PC Richard Elliot investigates the robbery of a lorry on the M6 that occurred while the driver was resting for the night. Plus, more than 20 motorway cops, a dog team and a helicopter are called to stop a gang of thieves. (R) (T)

10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 The National Lottery Draws. The balls are set rolling and the results of the Thunderball, Dream Number and Lotto draws are revealed. (T) 10.45 FILM: The Quiet American (2002). Drama, starring Michael Caine; (T) National Lottery Update and Weatherview. (T) 12.20 Sign Zone: Country Tracks. (R) (T) 1.15 Sign Zone: The Frankenscience Trail. (R) (T) 2.15 Sign Zone: The Hairy Bikers' Food Tour of Britain. (R) (T) 3.00 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Balamory. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Animals at Work. (R) (T) 8.00 Trapped. (R) (T) 8.30 CBeebies: Lazy Town Extra. (R) (T) 8.40 Postman Pat: SDS. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Grandpa in My Pocket. (R) (T) 10.20 Yoko! Jakamoko! Toto! (R) (T) 10.30 In the Night Garden. (R) (T) 11.05 FILM: My Favourite Brunette (1947). Comedy, starring Bob Hope. (T) (bw) 12.30 Working Lunch. (T) 1.00 See Hear. (T) 1.30 Living in the Sun. (R) (T) 2.15 House Swap. (T) 3.00 Monk. (R) (T) 3.45 Flog It! (T) 4.30 Pointless. (T) 5.15 The Hairy Bikers' Food Tour of Britain. (R) (T) 6.00 Eggheads. (T) 6.30 Trust Me, I'm a Dealer. (T) 7.00 1929: The Great Crash. The causes of the Wall Street Crash. (R) (T) 8.00 Economy Gastronomy. A woman who shops up to four times a day receives advice. (T) 9.00 The Last Days of Lehman Brothers.

Drama inspired by the events that took place on the weekend of September 12, 2008, when one of America's biggest banks went to the wall. James Cromwell and Ben Daniels star. The Love of Money, a documentary about the collapse, can be seen tomorrow at 9pm. (T) 10.00 Shooting Stars. With guests Julia Bradbury, Martin Freeman and Paddy Considine. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 The Wire. (T) 12.20 Dragons' Den: On Tour. (R) (T) 1.20 BBC News. (T) 3.00 Sport's Unsung Heroes. (R) (T) 3.30 Close.

Pick of the Day

The Last Days of Lehman Brothers (BBC2, 9pm)

On September 10, 2008, the BBC News website ran a story that claimed financial services firm Lehman Brothers was 'too big to fail'. How wrong they were. Just two days later, the company had collapsed — making it the largest corporate failure in US history. That's not the kind of record anybody would want to hold, but its story is, at least, fascinating. Clearly somebody at the Beeb wasn't embarrassed about that headline either, because here's a drama based on Lehman's fall from grace. It's the kind of programme the BBC does so well — fact-based (although it's being described as a fictional account of real events), gritty and with terrific performances from some very familiar faces. The tale begins as US Treasury Secretary Henry Paulson assembles Wall Street's finance titans at the Federal Reserve Building in downtown Manhattan, and tells them that the best way to resolve the situation is by merging with either Bank of America or Barclays. But can such a deal really go ahead in a difficult financial climate? It might not sound like the most enthralling subject, but give it a go — it's certainly a tense affair which sheds new light on one of the most amazing news stories of the past 12 months. James Cromwell, James Bolam, Ben Daniels and Michael Landes head the cast.

C4

5.50 Making It. 5.55 Making It. 6.00 The Treacle People. (R) (T) 6.10 Sali Mali. (T) 6.15 The Hoobs. (R) (T) 6.40 The Hoobs. (R) (T) 7.05 Everybody Loves Raymond. (R) (T) 7.30 Everybody Loves Raymond. (R) (T) 7.55 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Year 20! Television; (R) (T) Get Me the Producer. (R) (T) 10.05 Tricky Business; (R) (T) Freshly Squeezed Shorts. (R) (T) 10.35 Get Me the Producer. (R) (T) 11.25 Designers Under Pressure. (R) (T) 11.35 Teen Tycoons. (R) (T) 12.00 News at Noon. (T) 12.30 Seaside Secrets. (R) (T) 12.50 My Place in the Sun. (R) (T) 1.20 FILM: Batman (1966). Comedy adventure, starring Adam West and Burt Ward. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 Wogan's Perfect Recipe. (R) (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Super Super. (R) 8.00 Location, Location, Location. Kirstie Allsopp and Phil Spencer help two couples who are looking for new homes in Aberdeen but face increasing property prices in the market. (T) 9.00 Ramsay's Kitchen Nightmares USA. The chef revisits several restaurants he helped during the series to find out whether the owners took his advice on how to raise standards and turn round the struggling businesses. (R) (T) 10.35 Darren Brown: The Event Live. (T) 10.45 Darren Brown: The Gathering. (R) (T) 11.55 8 Out of 10 Cats. (R) (T) 12.30 4Music: 4Music Favourites: Paloma Faith. (T) 1.00 4Music: This Week's 4Music Top 20. 2.55 Monsters. (R) (T) (bw) 3.10 Dispatches: Battle Scared. (R) (T) 4.00 Scrapheap Challenge. (R) (T) 5.00 Countdown. (R) (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.20 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Chiro. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Big School. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Bert and Ernie's Great Adventures. (R) (T) 7.10 Little Princess. (R) (T) 7.20 The Mr Men Show. (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerpots; (R) (T) The Milky and Shake Show. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Hana's Helpline; (R) (T) The Family Recipe. (R) (T) 9.15 FILM: Suburban Madness (2004). Fact-based drama, starring Elizabeth Peña. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Among the Apes. (R) (T) 7.30 Building the Ultimate. The history of the artillery gun, from the unpredictable short-range cannons of the 14th century to the powerful weapons employed by the modern military; (R) (T) 7.30 Five News Update. (T) 8.00 World War One in Colour. Millions join the war effort; (R) (T) 8.00 Five News at 9.00 FILM: A Perfect Murder (1998). A businessman decides to have his unfaithful wife killed and hires her lover to do the deed. Thriller remake, with Michael Douglas and Gwyneth Paltrow. Including Five News Update. (T) 11.15 Rory and Paddy's Great British Adventure. (R) (T) 12.10 Cricket on Five. 1.05 Poker. (T) 2.35 NHRA Drag Racing. (R) 3.30 NHRA Drag Racing. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Britain's Best Dish. Ed Baines, Jilly Goldstein and John Burton Race judge unusual and inventive dishes prepared by amateur cooks from the North West region, including German-inspired Krautwickel, chocolate lamb curry, Bakewell cheesecake and chocolate mud cake with home-made truffles. Presented by Mark Nicholas. (T)

6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Debbie gives in to temptation and visits Michael at his hotel, but warns him they must keep their affair a secret from Cain. Faye is pleased when Mark appears rattled by her new relationship. Carl pleads with Chas to be honest about her true emotions, and Laurel feels left out when Ashley and Sally reminisce. (T)

7.30 Live International Football. England v Croatia (Kick-off 8.00pm). Fabio Capello's England will bid to secure a place in the 2010 World Cup finals with a win in tonight's Group Six qualifier at Wembley Stadium. (T)

10.10 The Late News and Weather. (T) 10.40 London News and Weather. (T)

10.45 International Football. England v Croatia. Steve Rider introduces highlights of the World Cup Group Six qualifier at Wembley Stadium, as Fabio Capello's men sought to confirm their place in next summer's finals. Having won all seven of their matches during qualification prior to this game, England had the chance book their place among the 32 in South Africa with two fixtures still to play. Plus, news from the rest of tonight's qualifiers. Commentary by Clive Tyldesley and Jim Beglin. (T)

11.45 Nightwatch with Steve Scott: Action Stations. The work of fighter pilots and ground troops in Afghanistan, the heroes from a series of conflicts involving British forces, plus insights into Air Sea Rescue and the Red Arrows. (T) 12.45 Nightwatch with Steve Scott: Mystery. (R) (T) ITV News Headlines. 1.35 Loose Women. (R) 2.25 The Jeremy Kyle Show. (T) 3.20 Gran Scammers Exposed: Tonight. (R) 3.45 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Festas das Vindimas 1300 News 1415 Chamas da Vida 1500 Sanguo do Meu Sanguo 1600 Festas das Vindimas 1800 Portugal em Directo 1905 Pregão Certo 2000 News 2100 Jogo Duplo 2200 Telerural 2310 Assassins, film 0115 Prison Break, series 0215 Amor e Intrigas 0400 Teleales 0605 N6s

RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fêdos Homens 1900 Biosfera 1945 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2200 News 2240 Dexter, series 2330 Clube de Jornalistas 0030 5 Para a Meia-Noite 0130 Biosfera 0200 Bastidores 0230 Euronews 0515 Sociedade Civil

SIC

0600 Sic Notícias 0700 Sic Kids 0800 Tween Box 0915 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1515 Três Irmãs 1600 Sic ao Vivo 1900 Tã a Gravar 2000 News 2310 Salve-se Quem Puder 2230 Cenas do Casamento 2315 Caminho das Índias 0030 NCIS, series 0130 CSI: NY, series 0230 Quando o Telefone Toca

TVI

0700 Diário da Manhã 1015 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0030 Na Sombra do Assassino, film 0315 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Teleales

Best of the Rest

BBC3

7.00 Top Gear 8.00 Don't Tell the Bride 9.00 Film: Jump In! U (2007) 10.25 Family Guy 10.50 Family Guy 11.10 Little Britain 11.40 Don't Tell the Bride 12.10 Clever v Stupid 1.10 Virgin Cops 2.10 We Are Klang 2.35 Claire Richards: My Big Fat Wedding 3.35 Clever v Stupid 4.05 Virgin Cops 5.05 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Talking Landscapes 8.00 Casualty 1909 9.00 Jonathan Meades Off Kilter 10.00 The Crow Road 11.00 Film: Ratcheter 15 (1999) 12.30 The Cult of Sunday Night 1.00 Jonathan Meades Off Kilter 2.00 Rory Bremner and the Fighting Scots 3.00 Jonathan Meades Off Kilter 4.00 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Film: Vanity Fair PG (2004) 9.50 Film: Ocean's Eleven 12 (2001) 12.05 Hell's Kitchen USA 1.00 Hell's Kitchen USA 2.00 Emmerdale 2.25 Teleshopping 2.55 The Montel Williams Show 3.35 Teleshopping 5.35 ITV2 Nightscreen

Sky1

1.00 Don't Forget the Lyrics 2.00 Bones 3.00 Lie to Me 4.00 Malcolm

1.00 Promise Her Anything PG (1966) 3.00 Crazy in Love 15 (1992) 4.50 The Asphalt Jungle PG (1950) 7.05 Swing Shift PG (1984) 9.00 Gods and Generals 12 (2003) 1.30 Pandango 15 (1984) 3.00 Teleshopping 5.00 Promise Her Anything PG (1966)

The Disney Channel Kids' programmes from 7am, except:

in the Middle 4.30 Oops TV 5.00 Oops TV 5.30 Futurama 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Film: Fierce Creatures 12 (1997) 9.45 UK Border Force 10.45 Vic Reeves Investigates Jack the Ripper 11.45 Football's a Funny Old Game 12.15 Bones 1.15 Road Wars 2.05 Road Wars 2.35 Stargate Atlantis 3.20 Stargate Atlantis 4.20 Don't Forget the Lyrics 5.10 Are You Smarter Than a 10 Year Old?

GOLD

1.00 Last of the Summer Wine 1.40 Open All Hours 2.20 The Green Grass 3.00 Steptoe and Son 3.40 The Brittas Empire 4.20 As Time Goes By 5.00 As Time Goes By 5.40 My Family 6.20 Last of the Summer Wine 7.40 Open All Hours 8.20 The Green Grass 9.00 Only Fools and Horses 10.20 Absolutely Fabulous 11.00 Only Fools and Horses 12.15 Murder Most Horrid 1.00 Absolutely Fabulous 1.40 The Two Ronnies 2.25 Murder Most Horrid 3.00 Close TCM

1.00 Promise Her Anything PG (1966) 3.00 Crazy in Love 15 (1992) 4.50 The Asphalt Jungle PG (1950) 7.05 Swing Shift PG (1984) 9.00 Gods and Generals 12 (2003) 1.30 Pandango 15 (1984) 3.00 Teleshopping 5.00 Promise Her Anything PG (1966)

The Disney Channel Kids' programmes from 7am, except:

Sky Movies Drama

6.00 Silkwood 15 (1983) 8.15 Mo' Better Blues 15 (1990) 10.30 Chaplin 15 (1992) 1.00 The Last of the Mohicans 15 (1992) With Daniel Day-Lewis. 3.00 Dorian Gray Special 3.15 The Astronaut Farmer PG (2006) With Billy Bob Thornton. 5.00 5MM 5.30 The Great Gatsby 12 (1974) With Robert Redford. 8.00 The Last of the Mohicans 15 (1992) With Daniel Day-Lewis. 10.00 Eyes Wide Shut 18 (1999) With Tom Cruise. 12.45 In the Name of the Father 15 (1993) With Daniel Day-Lewis. 3.00 What's Love Got to Do with It 18 (1993) With Angela Bassett. 5.00 Malpractice PG (2001)

Sky Movies Comedy

6.50 Patch Adams 12 (1998) 8.50 The Hot Chick and the Nottie 12 (2008) 10.30 5MM 11.00 House of the Dead (1991) With Steve Martin. 12.45 St. Trinian's 12 (2007) With Rupert Everett. 2.30 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 4.30 I Want Candy 15 (2007)

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BBC1

6.00 Breakfast. (T) 9.15 The Week We Went to War. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Cowboy Trap. (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Weakest Link. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Kerwhizz. (R) (T) 3.25 CBBC: Bear Behaving Badly. (T) 3.50 Oogles. (R) (T) 4.05 Best of Friends. (R) (T) 4.35 S'Mart. (T) 5.00 Newsround. (T) 5.15 Land Girls. Finch hires families displaced by the bombing as cheap labour, but when a break-in at the Manor House leads Lady Hoxley to order them out, the situation escalates into a riot. Bea does not have time to answer Billy's proposal as she goes into labour, and Joyce reveals the truth about the affair when the Hoxleys host a party. Concludes tomorrow. (T)

6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show. (T) 7.30 EastEnders. Bianca finds out about Sam and Ricky's engagement after preparing a romantic meal for him. Meanwhile, Janine and Ryan learn of Chelsea's scratchcard win; (T) BBC News; Regional News. (T)

8.00 Watchdog. New series. Anne Robinson returns to host a new hour-long format of the consumer investigation show, challenging big companies and exposing bad service. She is joined by Anita Rani and Matt Allwright, whose hidden-camera consumer show Rogue Traders is now incorporated into the series. Among tonight's reports, EastEnders actor Melissa Suffield (Lucy Beale) investigates dangerous messages about sunbeds and Anita helps some angry customers find the best way of sending their complaints directly to the top. (T)

9.00 New Tricks. Jack's mind is not on the job as Ricky Hanson faces trial for attempting to murder him and threatens to discredit the squad. However, when an old friend asks him to reinvestigate the death of a wealthy businessman, he, Brian and Gerry spring into action. David Troughton guest stars, with Amanda Redman, James Bolam, Alun Armstrong and Dennis Waterman. (R) (T)

10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Being Human. Mitchell is drawn back into vampirism after the traumatic end of his friendship with Bernie. Annie enlists George's help in avenging Owen, but must fight her own demons first. (T) 11.35 FILM: Crazy/Daustful (2001). Romantic drama, starring Kirsten Dunst and Jay Hernandez; (T) Holiday Weatherview. (T)

1.15 Sign Zone: Panorama. (R) (T) 1.45 Sign Zone: Harcore Profits. (R) (T) 2.45 Sign Zone: Countryside. (R) (T) 3.40 Sign Zone: The Hairy Bikers' Food Tour of Britain. (R) (T) 4.25 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Balamory. (R) (T) 6.40 Bits and Bobs. (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Animals at Work. (R) (T) 8.00 Trapped. (R) (T) 8.30 CBeebies: LazyTown Extra. (R) (T) 8.40 Postman Pat: SDS. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Grandpa in My Pocket. (R) (T) 10.20 Yokoi Jakamok! Totol (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 FILM: In a Lonely Place (1950). Thriller, starring Humphrey Bogart. (T) (bw) 12.30 Working Lunch. (T) 1.00 Animal Park. (T) 1.30 Living in the Sun. (R) (T) 2.15 House Swap. (T) 3.00 Monk. (R) (T) 3.45 Flog It! (T) 4.30 Pointless. (T) 5.15 The Hairy Bikers' Food Tour of Britain. (T) 6.00 Eggheads. (T) 6.30 Trust Me, I'm a Dealer. (T) 7.00 Dragons' Den. Computer mice designed to look like classic cars. Last in the series. (R) (T) 8.00 The Frankinsense Trail. Kate Humble follows the trail of the pharaohs in Egypt. (T) 9.00 The Love of Money. New series. Investigating the origins of the current financial crisis. (T) 10.00 Mock the Week. Dara O'Brian hosts the topical quiz, with guests Jack Whitehall and Ed Byrne joining regular panellists Frankie Boyle, Hugh Dennis, Russell Howard and Andy Parsons. (T) 10.30 Newsnight; Weather. (T) 11.20 The Wire. (T) 12.50 BBC News. (T) 4.25 Close.

(R) - repeat programme;
(T) - programme with teletext subtitles;
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(bw) - black and white.

Pick of the Day

Watchdog (BBC1, 8pm)

She might not look much like the Anne Robinson who left Watchdog eight years ago and went on to become a globally renowned dominatrix-esque quiz mistress, but yes, that really is good old Anne back at the helm of the ultimate consumers affair programme. Against the backdrop of a global recession, TV's 'Queen of Mean' takes to the stage in her new studio to quiz big businesses and test claims about some of their best-selling products. For the first time on Watchdog, an audience will join her in the studio to ask their own questions, too. The consumer show has all the journalistic rigour it is famous for, plus a host of new features, including the hit secret filming show Rogue Traders, which becomes a regular strand within the hour-long programme, presented by Matt Allwright. Each week Anne, Matt and Anita Rani challenge the big companies that are letting viewers down. They will solve problems, test claims and expose bad service. Among tonight's investigations and topical reports, EastEnders actress Melissa Suffield (known to millions as Lucy Beale) discovers the unexpected place promoting a dangerous message about sun beds; Anita helps some angry customers find the best way to send their complaints right to the top; and, in Rogue Traders, Matt has a dramatic showdown with a company he's taken on before.

C4

6.10 The Hoobs. (R) (T) 6.40 Yo Gabba Gabba. (R) (T) 7.05 Everybody Loves Raymond. (R) (T) 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Year Dot Television; (R) (T) Get Me the Producer. (R) (T) 10.05 Tricky Business; (R) (T) Freshly Squeezed. (R) (T) 10.35 Get Me the Producer. (R) (T) 11.25 Designers Under Pressure. (R) (T) 11.35 Teen Tycoons. (R) (T) 12.00 News at Noon. (T) 12.30 Property Snakes and Ladders. (R) (T) 1.25 FILM: Fantastic Voyage (1966). Sci-fi adventure, starring Raquel Welch. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (R) (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 6.30 Channel 4 News. (T) 7.55 3 Minute Wonder: Super Super. (T) 8.00 How Clean Is Your House? The duo tackle a student house in Bognor Regis, whose only female resident is drowning in beer cans and pizza boxes - while her housemates claim that cleaning is women's work. (T) 8.30 Dolce Vito - Dream Restaurant. Vito Catafo prepares for the restaurant's opening night. (T) 9.00 Alone in the Wild. New series. Adventurer Ed Wardle tries to survive in the Canadian wilderness. (T) 10.05 Without a Trace. (T) 11.05 FILM: Grizzly Man (2005). Premiere. Documentary about a man obsessed with bears. (T) 11.15 FILM: Against the Ropes (2004). Boxing drama, starring Meg Ryan and Omar Epps. (T) 3.15 Bare Knuckle Boxer. (R) (T) 4.05 Stonehouse Reunion. (R) (T) 4.10 Scrapheap Challenge. (R) (T) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.20 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Chiro. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Big School. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Bert and Ernie's Great Adventures. (R) (T) 7.10 Little Princess. (R) (T) 7.20 The Mr Men Show. (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fill and the Flowerlots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Hana's Helpline; (R) (T) Little Lodgers. (R) (T) 9.05 Roobarb and Custard Too. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 The Property List. (R) (T) 12.40 Five News. (T) 12.50 Game Ranger Diaries. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to Weekend Breaks. (R) (T) 3.05 The Family Recipe. (R) (T) 3.15 FILM: Relative Stranger (2009). Premiere. Drama, starring Erq La Salle. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Among the Apes. (R) (T) 7.30 Inferno 999. The team deals with an arson attack; (R) (T) 7.30 Five News Update. (T) 8.00 Megastructures: Built from Disaster. How accidents in tunnels have revolutionised their engineering; (T) 8.00 Five News at 9. 9.00 You're Nicked! A high-speed chase through the Derbyshire countryside. Last in the series. (T) 10.00 FILM: RoboCop2 (1990). The cyborg battles a deranged drug lord, unaware his creators are planning to replace him. Sci-fi sequel, starring Peter Weller and Nancy Allen. Including Five News Update. (T) 12.15 Quiz Call. 4.00 NFL Classic. (R) 4.45 HouseBusters. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Britain's Best Dish. Ed Baines, Jilly Golden and John Burton Race judge the fourth round of the North West heats, as the amateur chefs compete for the three remaining spots in the regional final. (T)

6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Paddy is crushed when Carl reveals he slept with Chas, Bob worries about Gennie and Jamie's growing friendship, and Debbie's afternoon in bed with Michael is interrupted by Cain. (T)

7.30 Countrywise. Paul Heiney visits the North York Moors and meets George Thompson, the 2008 Gamekeeper of the Year. Plus, a report on campaigners who saved an ancient forest from developers. (T)

8.00 Emmerdale. Paddy tells Chas he wants her out of his life, Debbie is relieved when Cain finally leaves the house, and Ashley knocks Vincent to the ground during the cricket match. (T) 8.30 Coronation Street. Becky prepares to be sent to prison. Peter worries about Simon's reaction to the death of his rabbit, Leon's attraction to Jason grows, and Darryl is insecure about his future. (T)

9.00 The Bill. After a raid, Paul Brewer is arrested for having indecent images of a four-year-old girl on his laptop. He claims to have lent his computer to convicted paedophile George Fielding, who Brewer met in prison. When questioned, Fielding admits to downloading the pictures, but tests prove they were taken by camera and were not from the internet. Banksy and Max are left to sort out which of the pair is covering for the other. Jeff Rawle guest stars. (T)

10.00 News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.35 Billy Connolly: Journey to the Edge of the World. The comedian travels across Canada by boat, motorbike, aeroplane and car, beginning his journey on the Atlantic coast to visit Nova Scotia and Newfoundland. (R) (T) 11.35 Surface. Rich and Laura take the submersible out to the spawning site - but when the craft's systems fail, they find themselves in danger. (T)

12.30 British Superbike Championship Highlights. 1.15 Motorsport UK. (T) 2.05 The Cosby Mysteries. (R) (T) ITV News Headlines. 3.00 Loose Women. (R) 3.50 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Festas das Vindimas 1300 News 1415 Chamas da Vida 1500 Sanguo do Meu Sanguo 1600 Festas das Vindimas 1800 Portugal em Directo 1905 Preco Certo 2000 News News Frente a Frente 2130 Jogo Duplo 2230 Contra Informacao 2300 Corredor do Poder 0000 Prison Break, series 0145 Amor e Intrigas 0400 Telesales 0605 N6s

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 Nacional Geographic 1700 Zig Zag 1830 A F6dos Homens 1900 Iniciativa 1945 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2200 News 2240 Supernatural, series 2330 A Dupla Vida de D. Ermelinda 0030 5 Para a Mela-N6s 0130 Iniciativa 0215 Euronews 0515 Sociedade Civil

SIC
0600 Sic Noticias 0700 Sic Kids 0800 Tween Box 0915 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1515 Tr6s Irm6s 1600 Sic ao Vivo 1900 T6a Gravar 2000 News 2310 Salve-se Quem Puder 2230 Cenas do Casamento 2315 Caminho das Indias 0030 NCIS, series 0130 Cartaz Cultural 0215 Quando o Telefone Toca

TVI
0700 Di6rio da Manh6 1015 Voc6 na TV! 1300 News 1400 As Tardes da J6lia 1700 Quem quer Ganhar 1815 Morangos com Aç6car 2000 News 2130 Deixa Que Te Leve 2230 Sentimentos 2330 Flor6 do Mar 0015 Castle, series 0115 The Office, series 0145 Cartaz das Artes 0215 Sempre a Somar 0400 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Pop Gear 8.00 Off the Hook 8.30 Clever n' Stupid 9.00 Tough Guy or Chicken? 10.00 EastEnders 10.30 Lunch Monkeys 11.00 Family Guy 11.20 Family Guy 11.45 Tough Guy or Chicken? 12.45 Lunch Monkeys 1.15 Off the Hook 1.45 Britain's Most Embarrassing Parents 2.40 Clever n' Stupid 3.10 Baby Beauty Queens 4.10 Virgin Cocks 5.10 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 BBC Proms 2009 8.30 The Beatles: The First US Visit. Albert Mayles 11.10 Film: Help! U (1965) 12.40 A Portrait of Scotland with Peter Capaldi 2.10 BBC Proms 2009 4.10 Close

ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Primeval 8.00 Paris Hilton's Best American Friend Forever 9.00 What Katie Did Next 10.00 Katy Brand's Big Ass Show 10.30 Coronation Street 11.00 Film: The Last Samurai 15 (2003) 1.55 Emmerdale 2.25 Emmerdale 2.50 Teleshopping 5.50 ITV2 Nightscreen

Sky1
1.00 Don't Forget the Lyrics US 2.00 Bones 3.00 Lie to Me 4.00 Malcolm in the Middle 4.30 Sports TV 5.00 Sports TV 5.30 Futurama 6.00 Malcolm in the Middle 6.30 Futurama

7.00 The Simpsons 7.30 The Simpsons 8.00 Noel's Are You Smarter Than a 10 Year Old? 9.00 Bones 10.00 Justin Lee Collins: Surfer 11.00 Fringe 12.10 Fringe 1.20 Bones 2.15 Stargate Atlantis 3.10 Stargate Atlantis 4.05 Don't Forget the Lyrics 5.00 Gladiators G Zone 5.10 Are You Smarter Than a 10 Year Old?

GOLD
1.00 Last of the Summer Wine 1.40 Open All Hours 2.20 The Green Green Grass 3.00 Steptoe and Son 3.35 The Brittas Empire 4.20 As Time Goes By 5.00 As Time Goes By 5.40 My Family 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Open All Hours 8.20 The Green Green Grass 9.00 Only Fools and Horses 10.20 Ruddy Hell! It's Harry and Paul 11.00 Smack the Pony 11.35 Smack the Pony 12.10 Murder Most Horrid 12.50 Steptoe and Son 1.25 The Two Ronnies 2.15 Murder Most Horrid 2.50 Close Up 3.00 Close

TCM
1.00 The Great Bank Robbery U (1969) 3.00 Sweet November PG (1968) 5.10 Ride the High Country PG (1962) 7.00 Funny Farm PG (1988) 9.00 Blazing Saddles 15 (1974) 10.50 Caddyshack II PG (1988) 12.50 The Night of the Iguana 15 (1964) 3.00 Teleshopping 5.00 The Great Bank Robbery U (1969)

The Disney Channel
Kids' programmes from 7am, except:

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



MOVIES

Sky Movies Drama
6.45 The Neighbor 12 (2008) 8.10 Love N' Dancing 12 (2008) 8.30 The Capture of the Green River Killer 11.45 Pictures of Hollis Woods PG (2007) With Jodelle Ferland. 1.30 Alonement 15 (2007) With Keira Knightley 3.45 Goodbye Bafana 15 (2007) With Joseph Fiennes. 4.45 Instinct 15 (1999) With Anthony Hopkins. 8.00 PS I Love You 12 (2007) With Hilary Swank. 10.10 American History X 18 (1998) With Edward Norton. 12.15 Die Hard 4.15 (2007) With Bruce Willis. 2.30 Daylight Robbery 15 (2007) With Geoff Bell. 4.15 On Broadway 12 (2007)

Sky Movies Comedy
6.55 Expiration Date 12 (2006) 8.35 Stop Or My Mom Will Shoot PG (1992) 10.05 Are We Done Yet? PG (2007) 11.40 Mr Woodcock 12 (2007) With Billy Bob Thornton. 1.15 Meet the Spartans 12 (2008) With Sean Maguire. 2.45 The Heartbreak Kid 15 (2007) With Ben Stiller. 4.45

K-9 12 (1989) With James Belushi. 6.30 Mr Woodcock 12 (2007) With Billy Bob Thornton. 8.00 Meet the Spartans 12 (2008) With Sean Maguire. 9.30 The Heartbreak Kid 15 (2007) With Ben Stiller. 11.30 Are We Done Yet? PG (2007) With Ice Cube. 1.10 K-9 12 (1989) With James Belushi. 2.55 Evil Dead II 18 (1987) With Bruce Campbell. 4.25 Expiration Date 12 (2006)

Sky Movies Action/Thriller
7.20 Pathfinder 15 (2007) 9.15 Spider-Man 3 12 (2007) 11.45 The Hand That Rocks the Cradle 15 (1992) With Rebecca De Mornay. 1.50 Pathfinder 15 (2007) With Keanu Reeves. 5.40 Spider-Man 3 12 (2007) With Tobey Maguire. 8.00 Street Kings 15 (2008) With Keanu Reeves. 10.00 Road House 18 (1989) With Patrick Swayze. 12.10 Death Sentence 18 (2007) With Kevin Bacon. 2.10 The Corruptor 18 (1999) With Chow Yun-Fat. 4.15 The Return of the Musketeers PG (1989)

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SPORT

Sky Sports 1
6.00 Good Morning Sports Fans 9.00 International Football 10.30 Total Rugby 11.00 International Cricket 1.00 US Open Tennis 4.00 Live US Open Tennis. Day 11 at Flushing Meadows. 10.00 Time of Our Lives 11.00 Premier League 12.00 Live US Open Tennis. Further coverage of day 11. 4.00 Race World 5.00 Premier League World 5.30 IAAF Athletics Weekly

Sky Sports 2
6.00 Ocean Adventures 6.30 Asian Tour Weekly 7.00 International Cricket 9.00 Boots 'n' All 10.00 FIFA Futbol Mundial 10.30 International Football 12.30 International Football 2.00 Total Rugby 2.30 FIFA Futbol Mundial 3.00 International Football 4.30 Live Pro40 Cricket. Yorkshire Carnegie v Gloucestershire Gladiators. 10.00 The Rugby Club 11.00 Premier League World 11.30 NFL: Total Access 12.30 Watersports World 1.00 The Rugby Club 2.00 Race World 3.00 Transworld Sport 4.00 Premier League World 4.30 Close

Sky Sports 3
7.00 International Football 9.00 WWE: Experience 10.00 DTM Motor Racing 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Asian Tour Weekly 12.30 European Tour Weekly 1.00 Live European Tour Golf. The Mercedes-Benz Championship. 5.00 The Dogs 5.30 FIFA Futbol Mundial 6.00 The Rugby Club 7.00 Premier League World 7.30 Live Rugby League. Coverage of a Championship play-off match.

9.30 WWE: Late Night - Raw 11.30 Extreme Championship Wrestling 12.30 Golf Night 2.30 Time of Our Lives 3.30 The Rugby Club 4.30 Close

British Eurosport
7.30 Rallying 7.45 Live Snooker: Shanghai Masters. Day four at the Shanghai Grand Stage. 10.30 International Football 11.30 Inside the PGA Tour 12.00 US Open Tennis 3.30 International Football 4.45 Eurogals Flash 4.55 Live Women's European Championship Football. The final (Kick-off 5.00pm). 7.00 US Tour Golf 8.00 Live US Tour Golf. The BMW Championship. 11.00 Champions Tour Golf 12.00 Rallying 12.15 Rallying 12.30 Close

Sky Sports Xtra
1.00 Ten Pin Bowling 2.00 DTM Motor Racing 3.00 Ocean Adventures 3.30 NFL: Total Access 5.00 WWE Vintage Collection 6.00 International Football 8.00 Golf Night 10.00 Live Poker. Coverage of the online Sky Poker Five-00 tournament. 12.00 Race World 1.00 The Dogs 1.30 Ocean Adventures 2.00 Rugby League 4.00 Close

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707 500 600

BBC1

- 6.00 Breakfast. (T) 9.15 The Week We Went to War. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Cowboy Trap. (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Weakest Link. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Kerwhizz. (R) (T) 3.25 CBBC: Bear Behaving Badly. (T) 3.50 Oogies. (R) (T) 4.05 Wait for It! (T) 4.35 Hotel Trubble. (R) (T) 5.00 Newsround. (T) (T)
- 5.15 Land Girls. Nancy is shocked to learn Lawrence's secret. Annie chooses between duty and her love for Adam, and Bea discovers Finch doubts her motives for marrying Billy. Last in the series. (T)
- 6.00 BBC News; Weather. (T)
- 6.30 Regional News Programmes; Weather. (T)
- 7.00 The One Show. Live topical show in which correspondents uncover the UK's most fascinating stories. Presented by Adrian Chiles and Christine Bleakley; (T) BBC News; Regional News. (T)
- 8.00 EastEnders. The police interrupt Sam's farewell party, sending her and fiancée Ricky into a panic. Meanwhile, Chelsea accuses Janine of being behind the theft of her handbag, and Lucas goes to the allotments in a desperate attempt to finally get rid of the bramble. (T)
- 8.30 Traffic Cops. Insight into the working life of traffic police as they patrol the nation's roads bringing car criminals to justice, and sorting out the consequences of drink-driving. Jamie Theakston narrates. (R) (T)
- 9.00 Best of Live at the Apollo. Highlights from series four of the stand-up comedy show, featuring performances by headliners Michael McIntyre, Al Murray, Dara O'Briain, Lenny Henry, Sean Lock and Russell Howard, plus their guests, recorded at the Hammersmith Apollo in London. (T)
- 10.00 BBC News. (T)
- 10.25 Regional News; Weather. (T)
- 10.35 Friday Night with Jonathan Ross. The host is joined by American singer-songwriter Barry Manilow, who continues to tour at the age of 66, and QI panellist and Jonathan Creek star Alan Davies, whose next acting role is as celebrity chef Roland White in new BBC sitcom Whites. (T)
- 11.35 The National Lottery EuroMillions Draw. Coverage of the weekly draw. (T)
- 11.40 FILM: The Best Man (2005). Premiere. Romantic comedy, starring Stuart Townsend and Amy Smart. (T)
- 1.15 Sign Zone: Silverville. (R) (T) 1.45 Sign Zone: Economy Gastronomy. (R) (T) 2.45 Sign Zone: The Hairy Bikers' Food Tour of Britain. (R) (T) 3.30 BBC News. (T)



BBC2

- 6.00 CBeebies: Me Too! (R) (T) 6.20 Balamory. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Animals at Work. (R) (T) 8.00 Trapped. (R) (T) 8.30 CBeebies: LazyTown Extra. (R) (T) 8.40 Postman Pat: SDS. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Teenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Grandpa in My Pocket. (R) (T) 10.20 Yokoi Jakamoko! Toto! (R) (T) 10.30 In the Night Garden. (R) (T) 11.05 FILM: Rancho Notorious (1952). Western, starring Marlene Dietrich. (T) 6.30 Working Lunch. (T) 1.00 Animal Park. (T) 1.30 Living in the Sun. (R) (T) 2.15 House Swap. (T) 3.00 Monk. (R) (T) 3.45 Flog It! (T) 4.30 Pointless. (T) 5.15 The Hairy Bikers' Food Tour of Britain. (T) 6.00 Egg-heads. (T) 6.30 Trust Me, I'm a Dealer. (T) 7.00 The Coral Gardener. A scientist who has used horticulture to save coral reefs. (R) (T) 7.10 Gangs. The Gangnetic Plains' wildlife. (R) (T) 8.00 Mastermind. Subjects include the George Cross and Clement Attlee. (T) 8.30 Gardeners' World. Toby Buckland collects seeds from plants at the end of season. (T) 9.00 The Tudors. Cromwell arranges for Henry to marry a Protestant. (T) 10.00 QI. With Rich Hall, Reginald D Hunter and Clive Anderson. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review. (T) Weather. (T) 11.40 Mercury Prize 2009. (T) 12.50 The Wire. (R) (T) 1.50 The Wire. (R) (T) 2.50 The Wire. (R) (T) 4.20 Close.

Pick of the Day

David Blaine: What Is Magic? (C4, 10pm)

When David Blaine chose London to perform the amazing/pointless feat of living inside a Perspex box for a month, he got a bird's eye view of the difference between Americans and Brits. In the US, his every venture is greeted by crowds of adoring fans shouting 'woo-hoo' and 'go team' and 'you da man'. In London, people threw eggs at him and dropped their trousers. But that's not to say that he doesn't have his fair share of fans back in Blighty, who still think of him as being the best illusionist on the block - even if it is possible to see why comedian Chris Rock derides him as 'a trickless magician'. After doing barmy things like hanging upside down for days on end and encasing himself in ice, he's back to his roots in this one-off special. The magician travels across America performing tricks for the locals. In New Orleans he produces hundreds of dollars from the fingertips of startled audience members, and later he wows actor Orlando Bloom in New York, and catches a bullet fired from a 22 calibre gun in his mouth - a stunt captured on a camera recording footage at 10,000 frames per second, so we get to appreciate the feat in graphic detail.

C4

- 5.55 The Hoobs. (R) (T) 6.20 The Hoobs. (R) (T) 6.45 Yo Gabba Gabba. (R) (T) 7.10 Everybody Loves Raymond. (R) (T) 7.35 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Year Dot Television; (R) (T) Get Me the Producer. (R) (T) 10.05 Tricky Business; (R) (T) Freshly Squeezed. (R) (T) 10.35 Get Me the Producer. (R) (T) 11.25 Designers Under Pressure. (R) (T) 11.35 Teen Tycoons. (R) (T) 12.00 News at Noon. (T) 12.30 Property Snakes and Ladders. (R) (T) 1.30 Channel 4 Racing from Doncaster. Including the 2.05 Ladbrokes Mallard Stakes (H'cap) (1m 6f 132yds). (T) 2.55 My Place in the Sun. (R) (T) 3.25 Count Down. (T) 4.10 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (R) (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 Celebrity Come Dine with Me. With Christopher Biggins, Edwina Currie, Julia Bradbury and Philip Olivier. (R) (T) 8.30 The Big Food Fight. Hugh Fearnley-Whittingstall is challenged to a culinary quiz by a rival chef. (R) (T) 9.00 Derren Brown: The Events. New series. How the illusionist performed Wednesday's trick. (T) 10.00 David Blaine: What Is Magic? A series of tricks performed across America. (T) 11.05 The Inbetweeners. (R) (T) 11.35 Derren Brown: The Events. (R) (T) 12.40 A.M. Placebo Live. (T) 1.10 FILM: Knights of the South Bronx (2005). Premiere. Fact-based drama, starring Ted Danson. 2.45 1066: The Battle for Middle Earth. (R) (T) 4.10 FIVB Beach Volleyball. (T) 5.10 Countdown. (R) (T)

FIVE

- 6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.20 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Chiro. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Big School. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Bert and Ernie's Great Adventures. (R) (T) 7.10 Little Princess. (R) (T) 7.20 The Mr Men Show. (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Hana's Helpline; (R) (T) Milkshake! Show Songs. (R) (T) 9.05 Roorback and Custard Too. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 The Property List. (R) (T) 12.40 Five News. (T) 12.50 Game Ranger Diaries. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to Islands. (R) (T) 3.05 The Family Recipe. (R) (T) 3.15 FILM: Ambulance Girl (2005). Fact-based drama, starring Kathy Bates. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Among the Apes. (R) (T) 7.30 Police Interceptors: Special Edition. Natalie Pinkham undergoes self-defence training; (R) (T) 7.30 Five News Update. (T) 8.00 Brighton Beach Patrol. Swimmers compete in the annual pier-to-pier race; (R) (T) 8.00 Five News at 9. 9.00 NCIS. An explosion at a mausoleum leads to a multiple murder investigation. (R) (T) 10.00 Law & Order: Criminal Intent. A judge's son is murdered after a rapper is sentenced in court. (T) 11.00 CSI: Miami. (R) (T) 12.00 QuizCast. 4.00 The FBI Files. (R) (T) 4.45 House Builders. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

- 5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)
- 5.00 Britain's Best Dish. The stakes are raised as judges Ed Baines, Jilly Golden and John Burton Place choose which of the winners from the previous days' heats will go head to head in the North West regional final in Liverpool. The cooks of the winning starter, main course and pudding will each earn a £500 prize and a place in the national finals. Presented by Mark Nicholas. (T)
- 6.00 London Tonight; Weather. (T)
- 6.30 ITV Evening News; Weather. (T)
- 7.00 Emmerdale. Chas decides to make a go of things with Carl, and arrives on his doorstep with her possessions in tow. The new owners of Holdgate Farm, the Sharmas, cause a stir when they arrive in the village. Bob tries to stall Gennie and Jamie's blossoming romance, and Laurel quizzes Ashley about his break-up with Sally. (T)
- 7.30 Coronation Street. Peter takes Simon on a trip to help him get over his rabbit's funeral. As Steve and Becky reel from the drama at the police station, DC Hooch has another shock for the couple. Jesse's auditions for a new assistant do not go well until Julie offers herself for the role, and Darryl's fears lead to an argument with Amber. (T)
- 8.00 We Know What's in Your Bin: Tonight. (T)
- 8.30 Coronation Street. Leon refuses to believe Sean's confession that Jason is straight and instead enters him in the Mr Gay Weatherfield competition. Leanne is resolute in the face of Peter's pleas for forgiveness, Hooch tells Steve what he intends to do at Becky's trial, and Darryl's plan to apologise to Amber comes too late. (T)
- 9.00 Rebus. A past case returns to haunt Rebus when he is called to a local landmark where the remains of a prostitute have been found. The inspector is convinced a member of the Scottish Parliament is responsible - but his efforts to secure a conviction are hampered by the arrival of a high-flying colleague drafted in by his superior. Crime drama, starring Ken Stott. (T)
- 10.00 News at Ten and Weather. (T)
- 10.30 London News and Weather. (T)
- 10.35 FILM: Matchstick Men (2003). Premiere. Crime comedy, starring Nicolas Cage and Alison Lohman. (T) ITV News Headlines.
- 12.40 FILM: The Guys (2002). Fact-based drama, starring Sigourney Weaver. (T) 2.10 Nightwatch with Steve Scott. Crime. (R) (T) 3.00 ITV Nightscreen.

LOCAL

- RTP1**
0630 Bom Dia Portugal 1000 Festas das Vindimas 1300 News 1415 Chamas da Vida 1500 Sanguo do Meu Sanguo 1600 Festas das Vindimas 1600 Portugal em Directo 1905 Pregos Certo 2000 News 2045 Frente a Frente 2100 Jogo Duplo 2230 Telemundo 2300 The Specialist, film 0100 Prison Break, series 0215 Amor e Intrigas 0400 Teleales
- RTP2**
0715 Zig Zag 1400 Sociedade Civil 1530 Conspiro 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 1930 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2200 News 2240 Mad Men, series 2330 Diga Lá Excelência 0303 5 Para a Meia-Noite 0130 Palcos 0300 Bastidores 0330 Euronews 0515 Sociedade Civil
- SIC**
0600 Sic Notícias 0700 Sic Kids 0800 Tween Box 0915 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1515 Três Irmãs 1600 Sic ao Vivo 1900 Tã a Gravar 2000 News 2130 Salve-se Quem Quer 2245 Camilo & Filho 2315 Caminho das Índias 0030 NCIS, series 0130 CSI: NY, series 0230 Quando o Telefone Toca -channels-smv- TV
- 0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Euromillions 2145 Deixa Que Te Leve 2300 Sentimentos 0000 Flor do Mar 0030 Voo 93, film 0245 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Teleales

Best of the Rest

- BBC3**
7.00 Top Gear 8.00 Music: A Seaside Rendezvous 8.30 EastEnders: The Return of Sam Mitchell 9.30 Lunch Monkeys 10.00 EastEnders 10.30 Harper's Island 11.10 Harper's Island 11.50 Family Guy 12.10 Family Guy 12.35 Lunch Monkeys 1.05 EastEnders: The Return of Sam Mitchell 2.00 Tough Guy or Chicken? 3.00 Don't Tell the Bride 4.00 Underage and Pregnant 4.30 The Real Hustle 5.00 Muse: A Seaside Rendezvous 5.10 Close 5.25 Close
- BBC4**
7.00 World News Today 7.00 Weather 7.30 BBC Proms 2009 9.30 Sings the Beatles 10.30 The Beatles: On Record 11.30 Electric Proms 2007: Paul McCartney 12.30 Sings the Beatles 1.30 Storyville - How the Beatles Rocked the Kremlin 2.30 BBC Proms 2009 4.30 Close
- ITV2**
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 The X Factor 8.00 The Xtra Factor 9.00 Film: Catwoman 12 (2004) 11.05 What Katie Did Next 12.05 Coronation Street 12.35 Coronation Street 1.05 The Xtra Factor 2.00 Emmerdale 2.25 Teleshopping 5.25 ITV2 Nightscreen



- Sky1**
1.00 Don't Forget the Lyrics 1.00 Bones 3.00 Lie to Me 4.00 Malcolm in the Middle 4.30 Oops TV 5.30 Futurama 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.00 Grease: The School Musical 9.00 Film: Fierce Creatures 12 (1997) 10.45 Ross Kemp in Search of Pirates 11.45 Bones 12.45 Road Wars 1.45 Road Wars 2.40 Stargate Atlantis 3.30 Stargate Atlantis 4.20 Don't Forget the Lyrics 5.10 Are You Smarter Than a 10 Year Old?
- GOLD**
1.00 Last of the Summer Wine 1.40 Open All Hours 2.20 The Green Green Grass 3.00 Steptoe and Son 3.40 The Brittas Empire 4.20 As Time Goes By 5.00 As Time Goes By 5.40 My Family 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Open All Hours 8.00 The Green Green Grass 9.00 Ruddy Hell! It's Harry and Paul 9.40 Harry Enfield and Chums 10.20 Jonathan Creek 11.40 Harry Enfield and Chums 12.20 Murder Most Horrid 1.00 Steptoe and Son 1.35 The Two Ronnies 2.20 Murder Most Horrid 2.50 Close Up 3.00 Close
- TCM**
1.00 One Spy Too Many PG (1966) 3.00 The Boy Friend U (1971) 5.35 Pick a Star U (1937) 6.50 Mrs Soffel PG (1984) 9.00 Boogie Nights 18 (1997) 12.00 Steelyard Blues (1973) 1.30 Lost in America 15 (1985) 3.00 Teleshopping 5.00 One Spy Too Many PG (1966)
- The Disney Channel**
Kids' programmes from 7am, except: 6.25 Film: Camp Rock Freestyle Jam PG (2008) Musical, starring Demi Lovato. 10.00 Film: Pixel Perfect PG (2004) Family comedy, starring Ricky Ullman.

MOVIES

Sky Movies Drama

- 6.00 Gloria 15 (1980) 8.10 Jack PG (1996) 10.10 The Capture of the Green River Killer 11.45 Heartburn 15 (1987) With Meryl Streep, 1.40 Dorian Gray Special 2.00 The Bone Collector 15 (1999) With Denzel Washington, 4.00 Phoebe in Wonderland PG (2008) With Elle Fanning, 5.45 Brubaker 15 (1980) With Robert Redford, 8.00 The Assassination of Jesse James by the Coward Robert Ford 15 (2007) With Brad Pitt, 10.40 The Bone Collector 15 (1999) With Denzel Washington, 12.45 Elizabeth: The Golden Age 12 (2007) With Cate Blanchett, 2.45 Flesh and Bone 15 (1993) With Dennis Quaid, 5.00 Redemption of the Ghost PG (2001)

Sky Movies Comedy

- 6.05 Detroit Rock City 15 (1999) 7.45 Balls of Fury 12 (2007) 9.20 Pirates of the Caribbean: At World's End 12 (2007) 12.10 Wayne's World PG (1992) With Mike Myers, 1.50 Wayne's World 2 PG (1993) With Mike Myers, 3.35 Balls of Fury 12

- (2007) With Dan Fogler, 5.10 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp, 8.00 What Happens in Vegas 12 (2008) With Cameron Diaz, 9.45 Wayne's World PG (1992) With Mike Myers, 11.25 Wayne's World 2 PG (1993) With Mike Myers, 1.05 Knocked Up 15 (2007) With Seth Rogen, 3.15 What Happens in Vegas 12 (2008) 5.00 Code Name: The Cleaner PG (2007)

Sky Movies Action/Thriller

- 6.15 35MM 6.45 In the Line of Fire 15 (1993) 9.05 X-Men 12 (2000) 11.05 Chaos 15 (2005) With Jason Statham, 1.05 Zodiac 15 (2007) With Jake Gyllenhaal, 3.55 In the Line of Fire 15 (1993) With Clint Eastwood, 6.00 X-Men 12 (2000) With Hugh Jackman, 8.00 Chaos 15 (2005) With Jason Statham, 10.00 Shoot 'Em Up 18 (2007) With Clive Owen, 11.30 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris, 1.30 Metro 18 (1997) With Eddie Murphy, 3.30 Shoot 'Em Up 18 (2007) 5.05 Orca: Killer Whale PG (1977)

SPORT

Sky Sports 1

- 6.00 Good Morning Sports Fans 9.00 Premier League World 9.30 FIFA Futbol Mundial 10.00 The Rugby Club 11.00 Transworld Sport 12.00 Premier League World 12.30 FIFA Futbol Mundial 1.00 The Rugby Club 2.00 US Open Tennis 5.00 Live US Open Tennis. The women's singles semi-finals, 10.00 Football League Weekend 11.00 Premier League Preview 11.30 World Sport 12.00 Super League 2.00 Friday Night Fight 4.00 Football League Weekend 5.00 Premier League Preview 5.30 World Sport

Sky Sports 2

- 6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Raw 9.00 The Dogs 9.30 IAAF Athletics Weekly 10.00 Rugby League 12.00 Race World 1.00 Live European Tour Golf. The Mercedes-Benz Championship, 5.00 World Sport 5.30 Premier League World 6.00 Football League Weekend 7.00 Premier League Preview 7.30 Live Super League. Coverage of a crucial game, 10.00 Live Friday Night Fight, John McDermott vs Tyson Fury, 12.00 Football League Weekend 1.00 Premier League Preview 1.30 World Sport 2.00 NFL: Total Access 3.00 Tight Lines 4.00 Super League

Sky Sports 3

- 10.00 Ten Pin Bowling 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 Ten Pin Bowling 2.00 Transworld Sport 3.00 IAAF Athletics Weekly 3.30 NFL: Total Access 4.30 Live Pro40 Cricket, Derbyshire Phantoms vs Leicestershire Foxes, 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night

- Bottom Line 1.00 Golf Night 3.00 Race World 4.00 Transworld Sport 5.00 IAAF Athletics Weekly 5.30 Mountain Bike World

British Eurosport

- 7.30 Live Snooker: Shanghai Masters, Day five at the Shanghai Grand Stadium, 10.30 Formula Two Championship 11.30 Cycling: Vuelta a Espana 12.00 US Open Tennis 3.00 Live Cycling: Vuelta a Espana, Stage 12 (Cycling: America and Alto de Velefique, 4.45 Eurogals Weekend 4.55 Under-20s World Cup Football 5.10 Rallying 5.25 GP2 Series 6.10 Formula Two Championship 6.55 Inside WTCC 7.25 Cycling: Vuelta a Espana 8.00 Live US Tour Golf, The BMW Championship, 11.00 Live Rallying, The Rally Principe de Asturias, 11.30 Rallying 11.45 Cycling: Vuelta a Espana 12.45 International Football 1.00 Close

Sky Sports Xtra

- 3.30 The Dogs 4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 WWE: Raw 7.00 Tight Lines 8.00 Golf Night 10.00 Tight Lines 2.00 Total Access 1.00 Tight Lines 2.00 Ocean Adventures 2.30 IAAF Athletics Weekly 3.00 TBA Ocean Transworld Sport 3.00 Ocean Adventures 5.30 Premier League World

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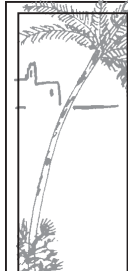
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


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RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 contact@riversideporto.com or www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

Caldas da Rainha

ANGLICAN EVENING WORSHIP IN ENGLISH. At 6.00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Soudade e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce". All welcome.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Adelino Amaro da Costa, next to CERCIP, 2520 Peniche, Óbidos. Sunday 11am (1st & 2nd Sunday of the month). No collection.

"Jesus answered, "The work of God is this: to believe in the one he has sent." - John 6:29



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Growing Older

"*Have been young, and now I am old, yet I have not seen the righteous forsaken.*" Psalm 37:25

My birthday is approaching and I have to say that I feel every one of my 52 years of life. I'm not saying I consider myself to be "old." I'm just saying that the word, "OLD" has been redefined in my mind. I remember being a teenager and thinking that 30 sounded old. And, if 30 was old, 40 was certainly "over the hill." And 50, well 50 seemed ancient. The older I get, however, the older, "OLD" seems to me.

While I sometimes miss the days of my youth, I know there is value in getting older. I read recently about a Bible College President in South Carolina who had this to say about aging: "I think God has planned the strength and beauty of youth to be physical. But the strength and beauty of age is spiritual. We gradually lose the strength and beauty that is tem-

porary so we'll be sure to concentrate on the strength and beauty which is forever. And so, we'll be eager to leave the temporary, deteriorating part of us and be truly homesick for our eternal home. If we stayed young and strong and beautiful, we might never want to leave."

There is a lot of truth to those words. When we are young and healthy we tend not to long for our celestial home. As we grow older and begin to face maladies like dim vision, hearing difficulties, and mobility issues, our perspective can't help but change.

Each of life's stages offers us good things to enjoy from our loving Creator. As we grow older, we can rejoice in knowing that life here on earth is not the end of the story.

*More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page

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Announcements

LONELY? BORED? Come and join our happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel.: 962 633 811.



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CASA - IS a local social group established over 20 years. We are a friendly group who have a monthly newsletter and have at least one activity per month. These are usually dinners at local venues. We have an annual trip to either Spain or Portugal and various other activities. We are open to everyone. If you would like more information or a sample newsletter why not give Mary a call on 282 357 275.

MAN AND large van going to UK 23 Sept. Returning 30 Sept. Will transport anything legal. 282 357 837 / 919 020 249.

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Charities

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

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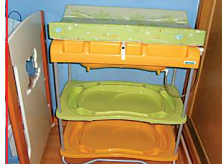
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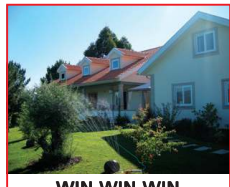
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All or nothing now for Portugal's world cup dream



Currently placed in third place of its Group in the qualifying stages for the 2010 South Africa World Cup, Portugal will be looking for revenge against Denmark this weekend, after their first leg match saw the Danes win with three goals in the final ten minutes of the game.

It is a very testing week for Portugal as they need at least four points from their two upcoming matches, against Denmark and Hungary, in order to have a chance of progressing into the finals of the 2010 South Africa World Cup.

After a disappointing 3-2 loss against Denmark last September, with the Danes scoring all three goals in the last ten minutes of the match, Portugal must now get their revenge.

One could say that the team is stronger this time around for two main reasons: Firstly Ronaldo is available to play (he did not play the first leg match); and secondly Liedson has been added to the squad as he was recently given Portuguese citizenship, thus allowing him to play for Portugal. He is now the third Brazilian-turned-Portuguese player to represent the national squad, joining Deco and Pepe.

It is very much a do or die situation for Portugal, who were one of the favourite sides at the beginning of the qualifying campaign, but are now in grave danger of extinction following disap-

pointing results, with two wins (Albania and Malta), three draws (Sweden twice and Albania) and one loss (Denmark). With four matches remaining and trailing second placed Hungary (13 points) by four points and leaders Denmark by seven, this is the week of reckoning for the players as they must perform and give results against Denmark on Saturday and against Hungary on Wednesday.

Their final two matches will be the second leg against Hungary, on 10th October, and against Malta four days later, on 14th.

Portugal will be hoping that Sweden beat Hungary this Saturday to improve their chances of progression, but by a small margin as both Sweden and Portugal share the same points, with Portugal having a better goal advantage over their rivals. Albania and Malta are already out of contention for the first two spots of the Group, so their World Cup aspirations are over.

Denmark – Portugal will be broadcasted on TVI at 19h00 on Saturday night.



Cristiano Ronaldo passes in front of fans at the start of Portugal's national soccer team training session at Paaskbergsvallen Stadium in Varberg, Sweden, on Monday, in preparation for their World Cup 2010 qualifying matches against Denmark and Hungary. (Photo: EPA/Estela Silva)

Benfica put eight past sorry Setúbal

Sporting de Braga remain top of the Liga Sagres table after three rounds, although it was Benfica who stood out last weekend as they hammered Vitória de Setúbal 8-1.

Benfica demonstrated they are a team to be taken seriously this season as they easily pushed Vitória de Setúbal aside with a flurry of goals on Monday night, putting eight goals behind Setúbal's net before a late injury time consolation goal from Helder Barbosa. Cardozo became the top scorer of the league with a hat-trick (29', 65' and 75'), with the other goals being scored by Javi Garcia (16'), Luisão (21'), Aimar (35'), Ramires (37') and Nuno Gomes (85').

FC Porto are neck and neck with Benfica in second place, with seven points, as they beat

Naval 3-1 on Saturday. The 'blues' began and ended their match very much in control against Naval, with an early goal from Falcão giving them the initial advantage. Despite suffering the early goal, Naval did not react and FC Porto were driving for a second, which Silvestre Varela scored in the second half, passing Naval's keeper Peiser and calmly putting the ball into the back of the net. Rolando scored an own goal after 75 minutes whilst fighting for the ball with Bolívar, reducing FC Porto's advantage to just one goal. Two minutes later, the lead was reestablished as Fariás scored a goal, ending the game 3-1.

Sporting had an even match with Académica on Sunday, but managed to overcome the

Coimbra team with two goals. Liedson scored his first goal of the season with a fantastic header in the second half. A second yellow for Miguel Pedro provided Sporting with a numerical advantage, making Académica's task of equalising much harder. Yannick Djalo scored Sporting's second five minutes from the end and the game was sealed at 2-0. It was

Sporting's first victory in the Liga Sagres, placing them in sixth position with four points.

Olhanense are currently middle of the table, in eighth with three points, drawing every match so far.

This weekend FC Porto play Leixões, Sporting face Paços de Ferreira and Belenses receive Benfica at home.

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